



## Salisbury Steak With Mushrooms

READY IN



35 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 1 tablespoons parsley fresh chopped
- 1 teaspoon sage fresh minced
- 1 pound ground beef
- 4 servings kosher salt and pepper freshly ground
- 8 ounces mushrooms mixed sliced
- 0.3 cup saltines crushed finely
- 3 tablespoons butter unsalted

- 2 teaspoons worcestershire sauce

## Equipment

- bowl
- frying pan

## Directions

- Gently mix the beef, egg, onion, cracker crumbs, sage, 1/2 teaspoon salt and a few grinds of pepper in a large bowl using your hands. Divide into 4 equal portions and shape into oval patties, about 1/2 inch thick.
- Heat 1 tablespoon butter in a large skillet over medium-high heat. Brown the patties, about 4 minutes per side.
- Transfer to a plate.
- Add 1 tablespoon butter to the skillet and cook the mushrooms until slightly browned, about 2 minutes. Stir in the Worcestershire sauce, and salt and pepper to taste, scraping up any browned bits.
- Sprinkle in the flour and stir, then stir in 2 1/2 cups hot water and simmer until the sauce begins to thicken, about 2 minutes.
- Add the remaining 1 tablespoon butter, swirling to combine.
- Return the patties and any juices from the plate to the skillet. Simmer until the sauce thickens and the patties are cooked through, about 2 minutes.
- Sprinkle with parsley and season with salt and pepper.
- Serve with noodles, if desired.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:20.284782471864%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 442.63kcal (22.13%), Fat: 33.13g (50.97%), Saturated Fat: 14.58g (91.14%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 10.44g (3.8%), Sugar: 1.78g (1.98%), Cholesterol: 149.59mg (49.86%), Sodium: 374.64mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.9%), Copper: 1.7mg (84.89%), Vitamin B12: 2.56µg (42.66%), Vitamin B3: 7.65mg (38.27%), Selenium: 26.56µg (37.94%), Zinc: 5.59mg (37.27%), Phosphorus: 283.04mg (28.3%), Vitamin B6: 0.56mg (28.06%), Vitamin B2: 0.41mg (23.89%), Vitamin K: 20.37µg (19.4%), Iron: 3.44mg (19.09%), Vitamin B5: 1.67mg (16.72%), Potassium: 542.69mg (15.51%), Manganese: 0.27mg (13.63%), Folate: 39.42µg (9.85%), Vitamin B1: 0.14mg (9.47%), Magnesium: 36.32mg (9.08%), Vitamin A: 416.55IU (8.33%), Fiber: 1.76g (7.04%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.75µg (4.98%), Calcium: 40.73mg (4.07%), Vitamin C: 1.72mg (2.08%)