



Salisbury Steaks with French Onion Gravy

READY IN



50 min.

SERVINGS



4

CALORIES



845 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup beef stock
- ☐ 2 tablespoons butter
- ☐ 4 servings salt and coarse pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs beaten
- ☐ 4 servings evoo for liberal drizzling
- ☐ 2 tablespoons flour
- ☐ 1.7 pounds ground sirloin

- ☐ 4 servings ground thyme
- ☐ 4 servings milk
- ☐ 3 tablespoons onion grated
- ☐ 2 large onions sliced
- ☐ 4 servings watercress for garnish, optional
- ☐ 2 pieces bread white stale trimmed
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan

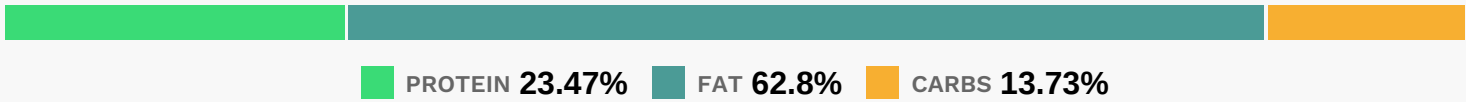
Directions

- ☐ Watch how to make this recipe.
- ☐ Place a drizzle of EVOO in a skillet over medium heat and melt the butter into the oil.
- ☐ Add the onions, season with salt and pepper, a little ground thyme and add the bay. Caramelize the onions until very soft and sweet and light golden in color, 20 to 25 minutes.
- ☐ Meanwhile, soak the bread in milk or half-n-half.
- ☐ Place the meat in a bowl and add the egg. Squeeze out the bread and crumble into crumbs as you add to the bowl.
- ☐ Add the Worcestershire and grated onion to the beef.
- ☐ Sprinkle with salt and pepper and combine. Form into 4 (1-inch thick) oval loaves.
- ☐ Heat a drizzle of EVOO in a large skillet over medium-high heat.
- ☐ Add the loaves and cook until cooked through, about 15 minutes, turning occasionally.
- ☐ Transfer the meat to a plate.
- ☐ Sprinkle the flour over the caramelized onions, stir 1 minute. Deglaze the pan you cooked the meat in with the wine and pour into the onions.
- ☐ Add the beef stock and thicken a moment.
- ☐ Serve the gravy over the Salisbury steaks.

☐

Garnish with a little watercress, if desired.

Nutrition Facts



Properties

Glycemic Index:84.69, Glycemic Load:8.48, Inflammation Score:-10, Nutrition Score:38.999565331832%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 26.96mg, Quercetin: 26.96mg, Quercetin: 26.96mg, Quercetin: 26.96mg

Nutrients (% of daily need)

Calories: 844.78kcal (42.24%), Fat: 57.32g (88.19%), Saturated Fat: 21.65g (135.31%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 26.14g (9.5%), Sugar: 17.74g (19.71%), Cholesterol: 219.35mg (73.12%), Sodium: 838.28mg (36.45%), Alcohol: 3.09g (100%), Alcohol %: 0.56% (100%), Protein: 48.19g (96.38%), Vitamin K: 114.98µg (109.51%), Vitamin B12: 5.54µg (92.37%), Phosphorus: 681.35mg (68.13%), Zinc: 10.08mg (67.18%), Selenium: 41.39µg (59.13%), Vitamin B6: 1.02mg (51.16%), Vitamin B3: 10.19mg (50.95%), Vitamin B2: 0.85mg (50.11%), Calcium: 443.8mg (44.38%), Potassium: 1457.97mg (41.66%), Iron: 7.08mg (39.35%), Vitamin A: 1777.43IU (35.55%), Vitamin C: 23.47mg (28.45%), Vitamin B1: 0.36mg (24.02%), Vitamin E: 3.59mg (23.9%), Vitamin B5: 2.39mg (23.87%), Magnesium: 92.96mg (23.24%), Vitamin D: 3.12µg (20.82%), Manganese: 0.37mg (18.32%), Copper: 0.28mg (13.84%), Folate: 49.24µg (12.31%), Fiber: 2.06g (8.25%)