



## Satan's Salisbury Steaks With Mushroom Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup beef stock
- 0.7 cup breadcrumbs
- 0.3 cup butter
- 0.8 cup wine dry
- 2 eggs
- 1 tablespoon flour
- 0.5 teaspoon garlic powder
- 0.5 bell pepper green finely chopped

- 4 spring onion finely chopped
- 1.5 lbs ground beef
- 0.3 lb mushrooms sliced
- 1 teaspoon mustard
- 1 tablespoon cooking oil
- 1.5 tablespoons parsley finely chopped
- 0.3 teaspoon pepper
- 1 tablespoon hot sauce hot
- 1 teaspoon salt
- 6 servings salt and pepper
- 2 tablespoons cooking sherry
- 1.5 teaspoons sugar
- 0.3 teaspoon thyme leaves
- 0.3 cup catsup
- 6 servings water
- 1 tablespoon worcestershire sauce
- 1.5 teaspoons worcestershire sauce

## Equipment

- frying pan

## Directions

- Combine all meat patty ingredients well until almost pasty except the oil and form into 6 oblong patties. Cook patties in 1 T oil in the moderately heated skillet for 4 minutes each side.
- Remove patties and set aside. For Sauce: In the same skillet, saute mushrooms in butter, add salt and pepper then stir in flour.
- Add beef stock, wine and stir until mixture comes to a boil. Stir in remaining ingredients and simmer for a few minutes.
- Add beef patties to the skillet containing mushroom sauce and continue to simmer for 15 to 20 minutes spooning sauce over meat patties occasionally.

Add some water if sauce seems too dry.

## Nutrition Facts

**PROTEIN 20.45%** **FAT 64.25%** **CARBS 15.3%**

### Properties

Glycemic Index:71.68, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:19.314782546914%

### Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

### Nutrients (% of daily need)

Calories: 515.27kcal (25.76%), Fat: 34.94g (53.75%), Saturated Fat: 14.38g (89.87%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 17.35g (6.31%), Sugar: 6.27g (6.96%), Cholesterol: 155.41mg (51.8%), Sodium: 1145.61mg (49.81%), Alcohol: 3.66g (100%), Alcohol %: 0.89% (100%), Protein: 25.03g (50.05%), Vitamin B12: 2.63µg (43.76%), Selenium: 28.28µg (40.4%), Vitamin K: 39.6µg (37.71%), Zinc: 5.44mg (36.25%), Vitamin B3: 7.19mg (35.97%), Phosphorus: 277.48mg (27.75%), Vitamin B2: 0.46mg (27.25%), Vitamin B6: 0.51mg (25.47%), Iron: 3.87mg (21.52%), Potassium: 618.94mg (17.68%), Vitamin C: 14.21mg (17.22%), Vitamin B1: 0.23mg (15.37%), Copper: 0.28mg (14.23%), Vitamin B5: 1.29mg (12.9%), Vitamin A: 596.6IU (11.93%), Folate: 44.71µg (11.18%), Manganese: 0.21mg (10.61%), Vitamin E: 1.56mg (10.38%), Magnesium: 40.28mg (10.07%), Calcium: 80.49mg (8.05%), Fiber: 1.37g (5.49%), Vitamin D: 0.46µg (3.05%)