



Scrumptious Salisbury Steak in Mushroom Gravy

READY IN



35 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cubes beef bouillon from cube
- 3 tablespoons butter
- 8 ounce mushrooms with juice sliced canned
- 3 tablespoons cracker crumbs crushed
- 1 eggs
- 3 tablespoons flour all-purpose
- 1 pound ground beef
- 3 cups milk

- 2 tablespoons onion finely chopped
- 0.5 teaspoon pepper
- 0.3 teaspoon poultry seasoning
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan

Directions

- In a medium bowl, mix together the ground beef, egg, cracker crumbs, onion, salt, pepper and poultry seasoning using your hands. Shape into 6 patties about 1 inch thick.
- Fry the patties in a large skillet over medium-high heat for 3 to 4 minutes per side, or until browned.
- Drain off grease, and remove patties to a platter; keep warm.
- Melt the butter in the same skillet, and add the mushrooms. Cook and stir for about 2 minutes.
- Sprinkle the flour over, and mix in until blended. Stir in the milk and beef bouillon. Cook and stir over medium heat until smooth and starting to thicken. Return the patties to the gravy and cook over low heat, uncovered, for 10 minutes, stirring occasionally.

Nutrition Facts



PROTEIN 20.34% **FAT 63.43%** **CARBS 16.23%**

Properties

Glycemic Index:37, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:14.26739124889%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 387.52kcal (19.38%), Fat: 27.28g (41.97%), Saturated Fat: 12.33g (77.06%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 14.42g (5.24%), Sugar: 7.54g (8.38%), Cholesterol: 110.65mg (36.88%), Sodium: 579.79mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.36%), Vitamin B12: 2.36µg (39.25%), Phosphorus: 309.68mg (30.97%), Zinc: 4.12mg (27.44%), Selenium: 19.19µg (27.41%), Vitamin B3: 4.54mg (22.7%), Vitamin B2: 0.36mg (21.41%), Calcium: 188.14mg (18.81%), Vitamin B6: 0.37mg (18.31%), Iron: 2.46mg (13.65%), Potassium: 469.26mg (13.41%), Vitamin B1: 0.2mg (13.36%), Vitamin B5: 1.31mg (13.12%), Vitamin D: 1.64µg (10.93%), Magnesium: 37.26mg (9.32%), Vitamin A: 415.34IU (8.31%), Copper: 0.16mg (8.02%), Manganese: 0.14mg (7.22%), Folate: 26.49µg (6.62%), Vitamin K: 6.9µg (6.58%), Vitamin E: 0.88mg (5.85%), Fiber: 1.29g (5.15%)