

Simple Salisbury Steak

READY IN



30 min.

SERVINGS



6

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon browning sauce
- 10 ounces cream of mushroom soup undiluted divided reduced-fat reduced-sodium canned
- 0.3 cup breadcrumbs dry
- 1 eggs
- 0.5 cup skim milk fat-free
- 1.5 cups mushrooms fresh sliced
- 0.3 cup onion finely chopped
- 0.3 teaspoon salt

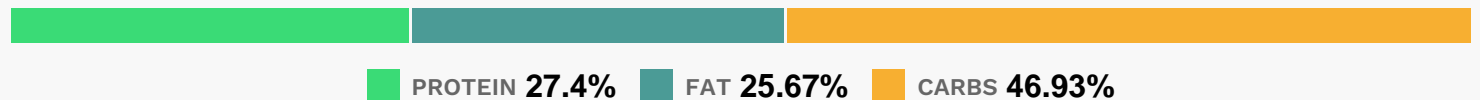
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In a large bowl, combine the egg, bread crumbs, 1/4 cup soup and onion. Crumble the beef over mixture and mix well. Shape into six patties. In a large nonstick skillet, brown the patties on both sides; drain.
- In a small bowl, combine the milk, browning sauce if desired, salt and remaining soup; stir in mushrooms.
- Pour over patties. Reduce heat; cover and simmer for 15–20 minutes or until a meat thermometer reads 160° and meat is no longer pink.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:5.2456521715807%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 78.31kcal (3.92%), Fat: 2.25g (3.47%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.56g (3.11%), Sugar: 2.23g (2.48%), Cholesterol: 30.25mg (10.08%), Sodium: 496.48mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin B2: 0.21mg (12.42%), Manganese: 0.22mg (10.98%), Copper: 0.19mg (9.72%), Selenium: 6.44µg (9.2%), Vitamin B3: 1.73mg (8.64%), Phosphorus: 82.54mg (8.25%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.68mg (6.76%), Zinc: 0.93mg (6.2%), Potassium: 201.58mg (5.76%), Iron: 0.88mg (4.91%), Vitamin B12: 0.29µg (4.83%), Folate: 18.93µg (4.73%), Calcium: 46.24mg (4.62%), Vitamin B6: 0.08mg (4.17%), Magnesium: 12.05mg (3.01%), Fiber: 0.72g (2.87%), Vitamin D: 0.42µg (2.79%), Vitamin A: 81.38IU (1.63%), Vitamin C: 1mg (1.21%)