



## Simple Salisbury Steaks

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 0.3 cup breadcrumbs dry
- 1 eggs beaten
- 1 pound ground beef
- 1.5 cups mushrooms sliced
- 1 small onion finely chopped
- 1 tablespoon vegetable oil

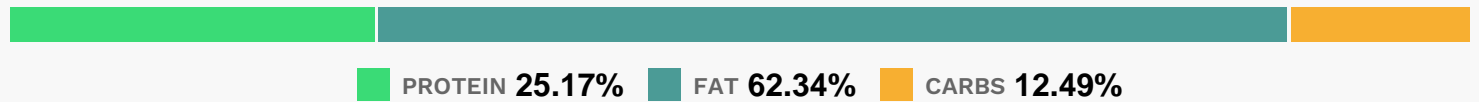
### Equipment

frying pan

## Directions

- Mix thoroughly 1/4 cup soup, beef, bread crumbs, onion and egg. Shape firmly into 4 patties, 1/2 inch thick.
- Heat oil in skillet. Cook patties until browned.
- Pour off fat.
- Add remaining soup and mushrooms.
- Heat to a boil. Cover and cook over low heat 10 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:16.849565288295%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 430.76kcal (21.54%), Fat: 29.57g (45.49%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.11g (4.4%), Sugar: 2.05g (2.28%), Cholesterol: 125.24mg (41.75%), Sodium: 700.16mg (30.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.74%), Vitamin B12: 2.69µg (44.87%), Zinc: 6.07mg (40.45%), Selenium: 26.09µg (37.27%), Vitamin B3: 7.4mg (37.02%), Phosphorus: 273.93mg (27.39%), Vitamin B2: 0.45mg (26.44%), Vitamin B6: 0.48mg (24.24%), Iron: 3.58mg (19.88%), Copper: 0.37mg (18.69%), Manganese: 0.37mg (18.26%), Potassium: 575.02mg (16.43%), Vitamin B5: 1.49mg (14.93%), Vitamin B1: 0.19mg (12.84%), Folate: 37.52µg (9.38%), Magnesium: 34.79mg (8.7%), Vitamin K: 8.99µg (8.56%), Vitamin E: 0.87mg (5.82%), Calcium: 51.19mg (5.12%), Fiber: 1.21g (4.86%), Vitamin D: 0.41µg (2.7%), Vitamin C: 2.05mg (2.49%), Vitamin A: 59.75IU (1.2%)