



10%
HEALTH SCORE

Slow Cooker Salisbury Steak

READY IN



315 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce cream of chicken soup canned
- 1 ounce onion soup mix dry
- 0.3 cup flour all-purpose
- 0.5 cup seasoned bread crumbs italian
- 2 pounds ground beef lean
- 0.3 cup milk
- 2 tablespoons vegetable oil
- 0.8 cup water
- 1 ounce frangelico dry

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Equipment

bowl

frying pan

slow cooker

Directions

In a large bowl, mix together the ground beef, onion soup mix, bread crumbs, and milk using your hands. Shape into 8 patties.

Heat the oil in a large skillet over medium-high heat. Dredge the patties in flour just to coat, and quickly brown on both sides in the hot skillet.

Place browned patties into the slow cooker stacking alternately like a pyramid. In a medium bowl, mix together the cream of chicken soup, au jus mix, and water.

Pour over the meat. Cook on the Low setting for 4 or 5 hours, until ground beef is well done.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:4.64, Inflammation Score:-3, Nutrition Score:15.296086895725%

Nutrients (% of daily need)

Calories: 311.88kcal (15.59%), Fat: 14.17g (21.8%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.53g (5.65%), Sugar: 1.38g (1.54%), Cholesterol: 77.39mg (25.8%), Sodium: 998.57mg (43.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin B12: 2.61µg (43.46%), Zinc: 6.2mg (41.34%), Vitamin B3: 7.28mg (36.41%), Selenium: 24.68µg (35.25%), Phosphorus: 280.82mg (28.08%), Vitamin B6: 0.48mg (24.22%), Iron: 4.1mg (22.79%), Vitamin B2: 0.29mg (16.96%), Potassium: 488.18mg (13.95%), Vitamin K: 13.25µg (12.62%), Vitamin B1: 0.17mg (11.55%), Copper: 0.22mg (11.24%), Vitamin B5: 1mg (9.97%), Manganese: 0.19mg (9.37%), Magnesium: 35.57mg (8.89%), Vitamin E: 1.04mg (6.92%), Folate: 23.27µg (5.82%), Calcium: 50.22mg (5.02%), Vitamin A: 166.02IU (3.32%), Fiber: 0.71g (2.83%), Vitamin D: 0.2µg (1.32%)