



## Smothered Hamburger Steak

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon beef base
- 0.5 teaspoon pepper black
- 10.8 ounce cream of mushroom soup canned
- 2 eggs
- 2 pounds ground beef lean
- 2 tablespoons onion minced
- 10.8 ounce water canned
- 3 slices bread white

1 dash worcestershire sauce

## Equipment

bowl

frying pan

whisk

## Directions

- Whisk together the eggs, onion, beef base, and pepper in a bowl. Tear the bread into large pieces, and place into the bowl.
- Let the bread soak for a few seconds and add the ground beef.
- Mix the meat into the egg-bread mixture, and form into 8 patties.
- Heat a large heavy skillet over medium-high heat, and fry the patties until they are browned and the meat is no longer pink in the center, about 8 minutes per side. Set the patties aside.
- Remove the excess grease from the skillet, and whisk the mushroom soup, water, and Worcestershire sauce together in the skillet until smooth.
- Place the patties back into the skillet, spoon sauce over them to cover, and bring to a boil over medium-high heat. Reduce the heat to a simmer, and cook until the sauce is thickened and the flavors have blended, about 20 minutes.

## Nutrition Facts

**PROTEIN 53.12%** **FAT 33.6%** **CARBS 13.28%**

## Properties

Glycemic Index:16.72, Glycemic Load:3.35, Inflammation Score:-2, Nutrition Score:14.144347918422%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 222.11kcal (11.11%), Fat: 8g (12.31%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.74g (2.45%), Sugar: 0.75g (0.83%), Cholesterol: 113.16mg (37.72%), Sodium: 558.93mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.9%), Vitamin B12: 2.71µg (45.09%), Zinc: 6.43mg (42.84%), Selenium: 25.48µg (36.39%), Vitamin B3: 7.05mg (35.27%), Phosphorus: 270.35mg (27.04%), Vitamin B6: 0.49mg (24.58%), Iron: 3.51mg (19.51%), Vitamin B2: 0.28mg (16.52%), Potassium: 475.34mg (13.58%), Manganese: 0.21mg (10.29%), Vitamin B5: 1.03mg (10.26%), Copper: 0.19mg (9.6%), Magnesium: 32.64mg (8.16%), Vitamin B1: 0.11mg (7.24%), Folate: 24.62µg (6.15%), Calcium: 40.45mg (4.05%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.33µg (2.22%), Fiber: 0.37g (1.46%), Vitamin A: 60.33IU (1.21%)