



Smothered Hamburger Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ground beef
- ☐ 3 large onions halved thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup steak sauce
- ☐ 0.3 cup water

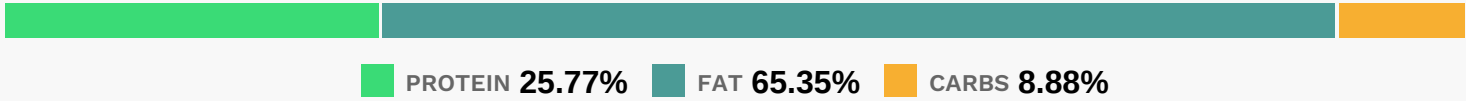
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients; shape into 6 patties.
- ☐ Cook patties in a large nonstick skillet, in batches, over medium-high heat 3 minutes on each side.
- ☐ Remove patties from skillet.
- ☐ Add onion and 1/4 cup water to skillet; cook, covered, over medium heat 15 minutes. Uncover and stir; cook 10 more minutes.
- ☐ Remove half of onion from skillet. Return patties to skillet. Top patties with reserved onion; cover, reduce heat, and simmer 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:14.82347821671%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 423.8kcal (21.19%), Fat: 30.34g (46.68%), Saturated Fat: 11.64g (72.72%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 7.81g (2.84%), Sugar: 4.15g (4.61%), Cholesterol: 107.35mg (35.78%), Sodium: 654.66mg (28.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.85%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.49mg (43.23%), Selenium: 23.14µg (33.06%), Vitamin B3: 6.57mg (32.85%), Vitamin B6: 0.59mg (29.46%), Phosphorus: 264.15mg (26.42%), Iron: 3.24mg (18.03%), Potassium: 550.71mg (15.73%), Vitamin B2: 0.25mg (14.68%), Magnesium: 35.27mg (8.82%), Vitamin B5: 0.85mg (8.54%), Manganese: 0.15mg (7.56%), Vitamin C: 6.22mg (7.54%), Copper: 0.14mg (7.21%), Vitamin B1: 0.1mg (6.87%), Folate: 25.65µg (6.41%), Fiber: 1.46g (5.86%), Vitamin E: 0.75mg (5%), Calcium: 47.61mg (4.76%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.15µg (1.01%)