



11%
HEALTH SCORE

Sorta Salisbury Steak

 Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef stock
- 1 cup flour all-purpose divided
- 1 large onion sliced into strips
- 24 ounce fat-trimmed beef flank steak (pounded round meat)
- 3 tablespoons vegetable oil
- 2 tablespoons worcestershire sauce

Equipment

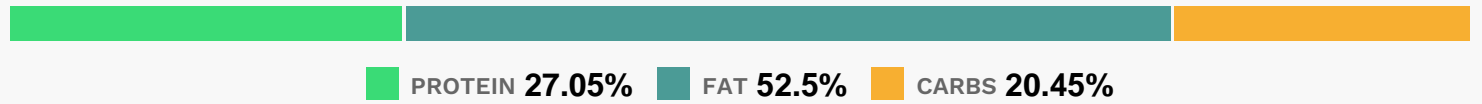
- frying pan

- oven
- whisk
- dutch oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Heat the oil in a Dutch oven, or deep iron skillet. Dredge steaks in some of the flour, reserving the rest of the flour. Brown steaks in the oil a few at a time, and remove to a plate. When all of the steaks are browned, place a layer of sliced onions into the Dutch oven, and alternate layers of steak and onion.
- Pour in beef stock and Worcestershire sauce.
- Cover, and bake for 2 hours in the preheated oven.
- Remove steaks and onions from the pan, and whisk in 2 tablespoons of the remaining flour. Bring to a boil over medium heat, and cook, stirring until thickened.
- Serve steaks and onions with gravy with mashed potatoes or noodles.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:12.02, Inflammation Score:-4, Nutrition Score:15.748261158881%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 396.58kcal (19.83%), Fat: 23.14g (35.59%), Saturated Fat: 8.24g (51.5%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.29g (7.02%), Sugar: 2.11g (2.35%), Cholesterol: 69.17mg (23.06%), Sodium: 292.45mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.64%), Selenium: 35.85µg (51.21%), Zinc: 6.15mg (41.02%), Vitamin B3: 7.55mg (37.74%), Vitamin B12: 1.88µg (31.37%), Vitamin B2: 0.46mg (27.11%), Vitamin B6: 0.54mg (26.78%), Phosphorus: 221.24mg (22.12%), Vitamin B1: 0.31mg (20.35%), Iron: 3.49mg (19.37%), Potassium: 556.03mg (15.89%), Vitamin K: 14.51µg (13.81%), Folate: 48.33µg (12.08%), Magnesium: 37.23mg (9.31%),

Copper: 0.18mg (8.98%), Manganese: 0.17mg (8.72%), Fiber: 0.99g (3.95%), Vitamin E: 0.59mg (3.91%), Vitamin C: 2.59mg (3.14%), Calcium: 29.28mg (2.93%), Vitamin B5: 0.12mg (1.22%)