



Southwest-Style Salisbury Steaks

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 2 teaspoons chili powder
- ☐ 4 ounce mild chilies green chopped canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons green onions minced
- ☐ 1.5 pounds ground chuck beef
- ☐ 4 servings lime-pickled onions red
- ☐ 0.5 cup monterrey jack cheese shredded

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tequila
- ☐ 4 servings purchased salsas
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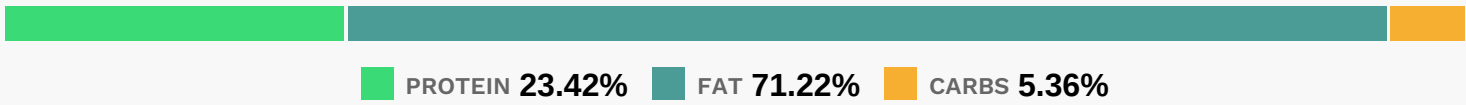
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Using hands, gently mix first 8 ingredients in large bowl just until blended. Form into four 3/4-inch-thick oval patties. (Can be made 1 day ahead. Cover; chill.)
- ☐ Prepare barbecue (medium-high heat). Grill patties until cooked to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Transfer patties to plates. Top with avocado slices and Lime-pickled Red Onions.
- ☐ Serve, passing salsas alongside.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:21.879999730898%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 587.56kcal (29.38%), Fat: 45.85g (70.54%), Saturated Fat: 16.85g (105.29%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.62g (1.79%), Cholesterol: 133.34mg (44.45%), Sodium:

895.52mg (38.94%), Alcohol: 1.25g (100%), Alcohol %: 0.57% (100%), Protein: 33.93g (67.86%), Vitamin B12: 3.76µg (62.62%), Zinc: 7.93mg (52.84%), Vitamin B3: 8.23mg (41.17%), Selenium: 28.02µg (40.03%), Phosphorus: 363.6mg (36.36%), Vitamin B6: 0.72mg (35.85%), Vitamin K: 24.38µg (23.22%), Vitamin B2: 0.39mg (22.77%), Iron: 3.96mg (22.01%), Potassium: 754.74mg (21.56%), Fiber: 4.95g (19.81%), Vitamin B5: 1.61mg (16.14%), Calcium: 150.82mg (15.08%), Vitamin E: 2.21mg (14.75%), Folate: 58.53µg (14.63%), Vitamin C: 11.3mg (13.7%), Magnesium: 50.09mg (12.52%), Vitamin A: 579.38IU (11.59%), Copper: 0.22mg (11.21%), Vitamin B1: 0.12mg (7.74%), Manganese: 0.12mg (5.94%), Vitamin D: 0.25µg (1.7%)