



Superfast Salisbury Steak

 Dairy Free

READY IN



26 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10.5 ounce condensed onion soup french canned (such as Campbell's)
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 large egg whites
- ☐ 0.8 pound ground round
- ☐ 0.8 pound ground turkey breast
- ☐ 2 tablespoons madeira wine dry
- ☐ 3 tablespoons tomato paste

- ☐ 0.8 cup water
- ☐ 1.5 teaspoons worcestershire sauce

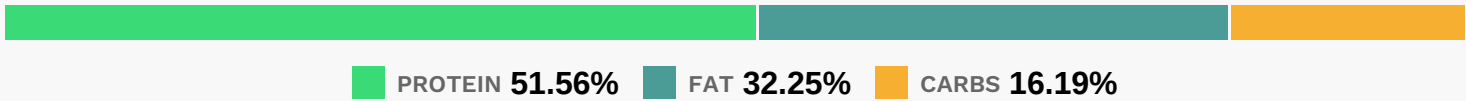
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients. Divide meat mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add patties; cook 6 minutes or until browned, turning after 3 minutes.
- ☐ Remove patties from pan; keep warm. Stir in water and remaining ingredients. Bring to a boil; add patties. Cover, reduce heat, and simmer 10 minutes. Uncover and cook until wine mixture is reduced to 3/4 cup (about 10 minutes).

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:13.263478165087%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 222.6kcal (11.13%), Fat: 7.74g (11.91%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 7.73g (2.81%), Sugar: 3.2g (3.55%), Cholesterol: 70.02mg (23.34%), Sodium: 468.96mg (20.39%), Alcohol: 0.51g (100%), Alcohol %: 0.29% (100%), Protein: 27.85g (55.7%), Vitamin B3: 9.05mg (45.26%), Selenium: 26.1µg (37.28%), Vitamin B6: 0.72mg (36.15%), Vitamin B12: 1.57µg (26.22%), Zinc: 3.87mg (25.78%), Phosphorus: 253.15mg (25.32%), Potassium: 697.01mg (19.91%), Vitamin B2: 0.24mg (13.86%), Iron: 2.34mg (13.03%), Vitamin B5: 0.91mg (9.05%), Magnesium: 36.07mg (9.02%), Vitamin B1: 0.12mg (8.24%), Copper: 0.13mg (6.49%), Manganese: 0.11mg (5.3%), Fiber: 1.02g (4.06%), Folate: 15.94µg (3.99%), Vitamin E: 0.57mg (3.81%), Calcium: 34.38mg (3.44%), Vitamin A: 137.82IU (2.76%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.93µg (1.84%)