



Traditional Salisbury Steak

READY IN



40 min.

SERVINGS



2

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 tablespoons breadcrumbs dry
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper
- 0.8 pound ground beef lean
- 3 tablespoons flour all-purpose divided
- 2 teaspoons olive oil
- 0.8 cup water
- 2 tablespoons catsup

- 2 teaspoons worcestershire sauce
- 1 teaspoon beef bouillon granules
- 1 medium onion sliced quartered
- 4 ounces mushroom stems and pieces drained canned

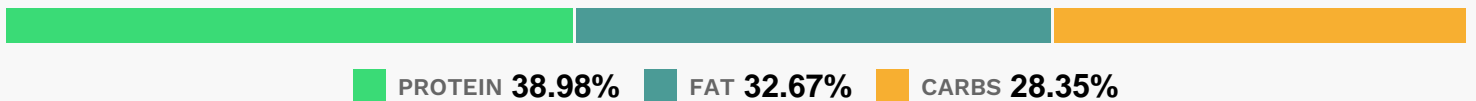
Equipment

- bowl
- frying pan
- whisk

Directions

- In a small bowl, combine the egg, bread crumbs, garlic powder and pepper. Crumble beef over mixture; mix well. Shape into two patties; dredge in 2 tablespoons flour. In a small skillet, brown patties on both sides in oil; drain. Set patties aside.
- Add the remaining flour to the skillet; whisk in water until smooth. Stir in the ketchup, Worcestershire sauce and bouillon.
- Add the onion and mushrooms. Bring to a boil. Return patties to the pan. Reduce heat; cover and simmer for 15–20 minutes or until beef is no longer pink.
- Serve gravy over patties.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:7.4, Inflammation Score:-5, Nutrition Score:25.077391106149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 458.63kcal (22.93%), Fat: 16.27g (25.04%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 29.46g (10.71%), Sugar: 7.94g (8.82%), Cholesterol: 189.61mg (63.2%), Sodium: 865.87mg (37.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.68g (87.37%), Vitamin B12: 4.05µg (67.52%), Selenium: 43.56µg (62.23%), Zinc: 9.33mg (62.22%), Vitamin B3: 11.05mg (55.26%), Phosphorus: 438.2mg (43.82%), Vitamin B6: 0.83mg (41.3%), Potassium: 1193.96mg (34.11%), Iron: 6.04mg (33.53%), Vitamin B2: 0.52mg (30.69%), Vitamin B1: 0.3mg (20.02%), Vitamin B5: 1.62mg (16.21%), Manganese: 0.32mg (16.03%), Folate: 63.13µg (15.78%), Magnesium: 57.46mg (14.36%), Copper: 0.26mg (12.81%), Calcium: 119.86mg (11.99%), Vitamin E: 1.54mg (10.27%), Fiber: 2.32g (9.27%), Vitamin C: 5.47mg (6.64%), Vitamin K: 4.82µg (4.59%), Vitamin D: 0.61µg (4.07%), Vitamin A: 202.97IU (4.06%)