

Keto Salisbury steak with mushroom gravy

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-salisbury-steak-recipe>

Ingredients:

- 2 tablespoons lard ghee or oil for cooking the steaks
- salisbury steak Ingredients for keto
- 1 9/16 pounds minced beef
- 1 small onion very, /25 g
- 3 1/4 feet egg
- sea salt to 1/2 - 1 tsp
- freshly ground pepper to taste
- 1 pinch powdered garlic
- 1/2 teaspoon Worcestershire sauce
- 2 tablespoons tomato sauce
- 1 tablespoon Dijon mustard
- 2 tablespoons almond meal
- gravy Ingredient for mushroom
- 1 small onion 30 g/1.06 oz
- 3 1/8 cups mushrooms
- 1 cup heavy whipping cream
- 1 cup vegetable broth
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- salt to taste
- freshly ground pepper to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 120 milligrams
4. Fat: 33 grams

5. Fiber: 2 grams
 6. Protein: 23 grams
 7. SaturatedFat: 16 grams
 8. Sodium: 530 milligrams
 9. Sugar: 2 grams
 10. TransFat: 1 grams
-

Thank you for visiting our website. Hope you enjoy Keto Salisbury steak with mushroom gravy above. You can see more 16 italian style salisbury steak recipe [Unlock flavor sensations!](#) to get more great cooking ideas.