

# Salisbury Steaks

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-home-italian-style-salisbury-steaks-recipe>

## Ingredients:

- 1 pound ground beef or chuck, 80-85%
- 1 pound lean ground beef
- 1 egg white
- 1/3 cup onion minced
- 1/4 cup saltine crackers crushed, about 6 crackers
- 2 tablespoons milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 28 ounces brown gravy or jars
- sliced mushrooms optional
- 1 pound ground beef or chuck 80-85%
- 1 pound lean ground beef
- 1 large egg white
- 1/3 cup onion minced
- 1/4 cup saltine crackers crushed, about 6 crackers
- 2 tablespoons milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 28 ounces brown gravy or jars
- 1 cup sliced mushrooms optional

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 295 milligrams
4. Fat: 46 grams
5. Fiber: 1 grams
6. Protein: 94 grams
7. SaturatedFat: 18 grams

8. Sodium: 680 milligrams
  9. Sugar: 3 grams
  10. TransFat: 2.5 grams
- 

Thank you for visiting our website. Hope you enjoy Salisbury Steaks above. You can see more 15 taste of home italian-style salisbury steaks recipe Delight in these amazing recipes! to get more great cooking ideas.