



Au Gratin Potatoes Stroganoff

READY IN



50 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- 0.5 pound ground beef lean
- 0.5 teaspoon garlic powder
- 4.7 oz potatoes
- 2.3 cups water hot
- 0.7 cup milk
- 4 ounces mushroom stems and pieces drained canned
- 0.3 cup cream sour

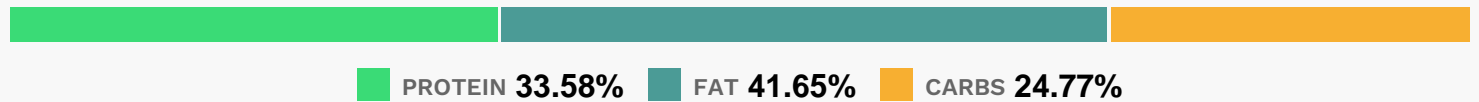
Equipment

frying pan

Directions

- Cook beef and garlic powder in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in Potatoes, Sauce
- Mix, hot water and milk.
- Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender.
- Stir in mushrooms and sour cream; heat just until hot.
- Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:4.99, Inflammation Score:-3, Nutrition Score:9.4943477744642%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 182.79kcal (9.14%), Fat: 8.34g (12.84%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 10.17g (3.7%), Sugar: 3.34g (3.71%), Cholesterol: 52.48mg (17.49%), Sodium: 161.53mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Vitamin B12: 1.53µg (25.5%), Zinc: 3.24mg (21.58%), Phosphorus: 188.44mg (18.84%), Vitamin B6: 0.36mg (17.97%), Vitamin B3: 3.53mg (17.65%), Potassium: 604.17mg (17.26%), Selenium: 11.54µg (16.48%), Vitamin B2: 0.19mg (11.22%), Calcium: 105.73mg (10.57%), Iron: 1.64mg (9.13%), Vitamin C: 6.74mg (8.17%), Magnesium: 28.55mg (7.14%), Vitamin B5: 0.68mg (6.81%), Copper: 0.11mg (5.34%), Vitamin B1: 0.08mg (5.21%), Fiber: 0.99g (3.97%), Vitamin A: 185.95IU (3.72%), Vitamin D: 0.5µg (3.36%), Manganese: 0.06mg (3.2%), Folate: 9.49µg (2.37%), Vitamin E: 0.26mg (1.72%), Vitamin K: 1.21µg (1.16%)