



Beef and Mushroom Stroganoff

READY IN



29 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings glazed baby carrots
- ☐ 1 cup beef stock unsalted
- ☐ 1 pound beef tenderloin trimmed cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced

- ☐ 1 cup leek thinly sliced
- ☐ 0.5 teaspoon paprika hot
- ☐ 0.8 teaspoon salt divided
- ☐ 6 ounce pre shiitake mushrooms
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 5 ounces wide egg noodles uncooked

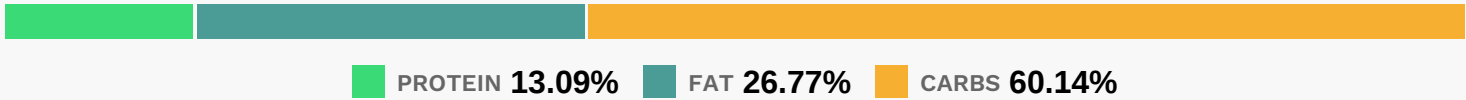
Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions; drain.
- ☐ Heat oil in a large skillet over high heat; swirl to coat.
- ☐ Add beef; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook 4 minutes or until browned, turning to brown on all sides.
- ☐ Remove beef from pan.
- ☐ Reduce heat to medium-high.
- ☐ Add leek, thyme, garlic, and mushrooms; saut 5 minutes or until lightly browned, stirring occasionally.
- ☐ Sprinkle mushroom mixture with flour and paprika; cook 30 seconds, stirring constantly.
- ☐ Add stock; bring to a boil. Reduce heat, and simmer 2 minutes or until sauce is thickened, stirring frequently. Stir in beef, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, and sour cream.
- ☐ Serve over noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:13.38, Inflammation Score:-10, Nutrition Score:21.417825989101%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 284.58kcal (14.23%), Fat: 8.67g (13.34%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 38.2g (13.89%), Sugar: 7.04g (7.83%), Cholesterol: 39.83mg (13.28%), Sodium: 662.5mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.09%), Vitamin A: 12584.94IU (251.7%), Vitamin K: 54.77µg (52.16%), Selenium: 33.83µg (48.32%), Manganese: 0.74mg (37.21%), Fiber: 5.64g (22.57%), Phosphorus: 212.15mg (21.21%), Vitamin B6: 0.41mg (20.72%), Potassium: 668.06mg (19.09%), Vitamin B3: 3.71mg (18.53%), Copper: 0.34mg (16.86%), Folate: 64.83µg (16.21%), Vitamin B2: 0.28mg (16.19%), Iron: 2.88mg (15.98%), Magnesium: 56.33mg (14.08%), Vitamin B5: 1.38mg (13.75%), Vitamin C: 11.07mg (13.42%), Calcium: 113.71mg (11.37%), Zinc: 1.63mg (10.89%), Vitamin B1: 0.16mg (10.54%), Vitamin E: 1.13mg (7.55%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.33µg (2.23%)