



Beef and Mushroom Stroganoff Pie

READY IN



85 min.

SERVINGS



6

CALORIES



510 kcal

Ingredients

- 3 oz cream cheese softened
- 1 cup mushrooms fresh sliced
- 2 garlic clove minced
- 1 lb ground beef lean
- 2.3 oz mushrooms
- 0.5 cup onion chopped
- 0.1 teaspoon pepper
- 1 box pie crust dough refrigerated softened
- 0.5 cup cream sour
- 0.5 cup water

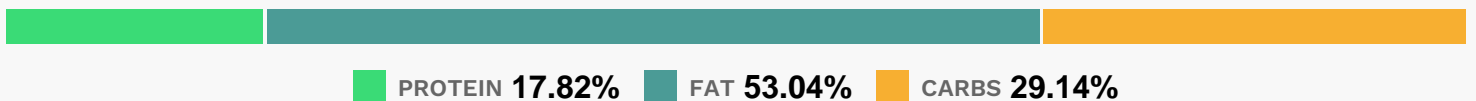
Equipment

- frying pan
- oven
- pie form

Directions

- Prepare pie crust as directed on package for two-crust pie using 9-inch glass pie pan.
- Heat oven to 375F. In large skillet, cook ground beef, mushrooms, onion and garlic over medium heat until beef is thoroughly cooked, stirring frequently.
- Drain.
- Stir in soup mix, pepper and water.
- Add cream cheese; cook and stir until cream cheese is melted and mixture is hot.
- Remove from heat. Stir in sour cream.
- Pour into crust-lined pan. Top with second crust; seal edges and flute.
- Cut slits in several places in top crust.
- Bake at 375F. for 45 to 50 minutes or until crust is deep golden brown.
- Let stand 10 minutes before serving.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:15.052608707677%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 509.94kcal (25.5%), Fat: 29.88g (45.97%), Saturated Fat: 11.95g (74.72%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.59g (12.58%), Sugar: 2.34g (2.6%), Cholesterol: 72.5mg (24.17%), Sodium: 376.49mg (16.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.17%), Vitamin B3: 7.01mg (35.03%), Selenium: 21.2µg (30.29%), Zinc: 4.51mg (30.09%), Vitamin B12: 1.77µg (29.52%), Phosphorus: 258.81mg (25.88%), Vitamin B2: 0.39mg (23.09%), Vitamin B6: 0.42mg (21.12%), Iron: 3.74mg (20.75%), Manganese: 0.38mg (18.88%), Vitamin B1: 0.24mg (16.28%), Folate: 59.58µg (14.89%), Potassium: 476.85mg (13.62%), Vitamin B5: 1.33mg (13.26%), Copper: 0.19mg (9.62%), Fiber: 2.36g (9.43%), Magnesium: 35.29mg (8.82%), Vitamin A: 311.03IU (6.22%), Calcium: 58.93mg (5.89%), Vitamin K: 5.82µg (5.54%), Vitamin E: 0.72mg (4.79%), Vitamin C: 1.81mg (2.19%), Vitamin D: 0.15µg (1.01%)