



Beef and Mushrooms Dijon

READY IN



18 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup beef broth low-sodium
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream sour

☐ 1 pound top round cut into 1/2-inch slices

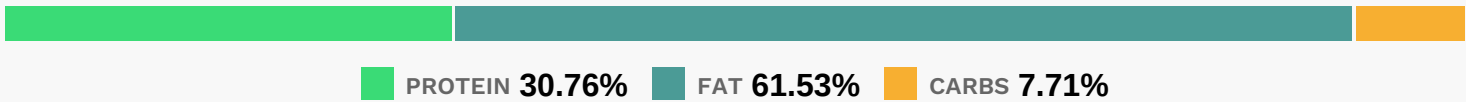
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Warm oil in a large skillet over high heat.
- ☐ Sprinkle beef with salt and pepper; add to skillet with onion. Cook, stirring, for 2 minutes. Stir in mushrooms and garlic; saut for 2 minutes. Reduce heat to medium, stir in broth, cover and cook 3 minutes.
- ☐ In a bowl, whisk sour cream and flour.
- ☐ Whisk in some broth from skillet to loosen mixture.
- ☐ Add sour cream mixture to skillet. Cook, stirring, until thickened, about 3 minutes. Stir in mustard and parsley. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:2.68, Inflammation Score:-4, Nutrition Score:16.966086905936%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 362.6kcal (18.13%), Fat: 24.79g (38.15%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.58g (2.03%), Sugar: 2.03g (2.26%), Cholesterol: 74.81mg (24.94%), Sodium: 545.95mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.78%), Vitamin B12: 3.22µg (53.59%), Selenium: 31.47µg (44.96%), Vitamin B3: 6.51mg (32.57%), Vitamin B2: 0.5mg (29.16%), Phosphorus: 284.37mg (28.44%), Zinc:

4.23mg (28.21%), Vitamin B6: 0.53mg (26.48%), Potassium: 713.65mg (20.39%), Vitamin K: 19.06µg (18.16%), Iron: 3.11mg (17.26%), Vitamin B1: 0.23mg (15.06%), Copper: 0.3mg (14.82%), Vitamin B5: 1.34mg (13.41%), Magnesium: 38.87mg (9.72%), Manganese: 0.16mg (8.06%), Folate: 27.11µg (6.78%), Fiber: 1.4g (5.61%), Vitamin E: 0.65mg (4.32%), Vitamin A: 214.83IU (4.3%), Calcium: 42.48mg (4.25%), Vitamin C: 3.22mg (3.91%)