



 **100%**
HEALTH SCORE

Beef and Vegetable Stroganoff-Topped Potato

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



1160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium baking potatoes
- 18.5 oz barley light canned
- 4 oz flank steak thin
- 1 cup mushrooms fresh sliced
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon garlic powder
- 1 small onion cut into thin wedges
- 0.1 teaspoon pepper

- 0.3 cup cream fat-free sour
- 1 teaspoon vegetable oil

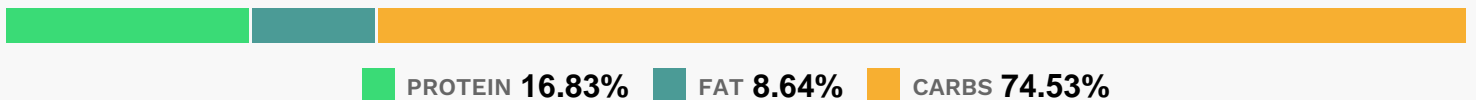
Equipment

- frying pan
- paper towels
- microwave

Directions

- Generously pierce potato with fork; place on microwavable paper towel. Microwave on High 4 to 5 minutes, turning once, until tender. Cover; let stand covered 5 minutes.
- Meanwhile, in 12-inch nonstick skillet, heat oil over high heat.
- Add beef, mushrooms and onion; sprinkle with garlic powder and pepper. Cook 5 to 7 minutes, stirring frequently, just until beef is browned and vegetables begin to soften.
- Stir in soup.
- Heat to boiling. Cook uncovered over high heat 7 to 10 minutes, stirring frequently, until mixture thickens.
- Remove from heat; stir in sour cream.
- To serve, place 1/2 potato on each serving plate. Top each with 1 1/2 cups beef mixture; sprinkle each with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:124.38, Glycemic Load:69.32, Inflammation Score:-9, Nutrition Score:56.513913346374%

Flavonoids

Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg

0.6mg, Myricetin: 0.6mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 1160.08kcal (58%), Fat: 11.44g (17.6%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 222.13g (74.04%), Net Carbohydrates: 174.07g (63.3%), Sugar: 5.36g (5.95%), Cholesterol: 36.61mg (12.2%), Sodium: 113.9mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.17g (100.34%), Manganese: 5.37mg (268.3%), Fiber: 48.06g (192.23%), Selenium: 122.37µg (174.81%), Vitamin B1: 1.9mg (126.37%), Magnesium: 399.23mg (99.81%), Phosphorus: 949.77mg (94.98%), Vitamin B3: 18.56mg (92.8%), Vitamin B6: 1.66mg (82.92%), Copper: 1.64mg (81.98%), Vitamin K: 78.45µg (74.72%), Zinc: 10.26mg (68.43%), Iron: 11.85mg (65.81%), Vitamin B2: 1.1mg (64.61%), Potassium: 2096.34mg (59.9%), Folate: 96.53µg (24.13%), Vitamin B5: 2.2mg (22.02%), Vitamin C: 15mg (18.18%), Calcium: 164.38mg (16.44%), Vitamin E: 1.9mg (12.68%), Vitamin B12: 0.62µg (10.36%), Vitamin A: 470.41IU (9.41%)