



Beef Mushroom Stroganoff

READY IN



40 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups beef broth 50% organic swanson® (Regular, Less Sodium or Certified)
- ☐ 6 servings extra wide egg noodles hot cooked
- ☐ 0.1 teaspoon parsley flakes dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic minced
- ☐ 3 cups cut-up mushrooms white (, shiitake, portobello)
- ☐ 2 tablespoons onions chopped
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 1.5 pounds top round steak boneless cut into strips
- ☐ 1 tablespoon vegetable oil

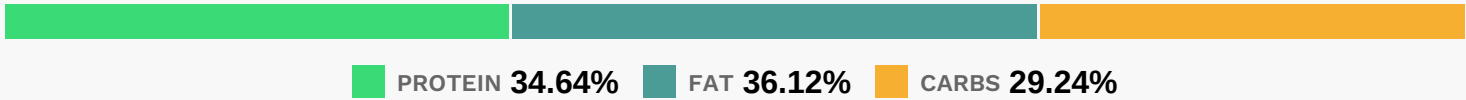
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the beef and cook in batches until it's well browned, stirring often.
- ☐ Add the onion, garlic, parsley and mushrooms and cook until the mushrooms are tender.
- ☐ Remove the beef mixture from the skillet. Stir the broth and wine in the skillet and heat to a boil. Reduce the heat to medium.
- ☐ Stir the sour cream and flour in a small bowl.
- ☐ Add the sour cream mixture to the skillet. Cook and stir until the mixture boils and thickens. Return the beef mixture to the skillet and cook until hot.
- ☐ Serve over the noodles with the black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:12.68, Inflammation Score:-5, Nutrition Score:21.496956420981%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.79mg,

Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 406.76kcal (20.34%), Fat: 15.64g (24.07%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 26.83g (9.76%), Sugar: 2.75g (3.06%), Cholesterol: 116.44mg (38.81%), Sodium: 351.75mg (15.29%), Alcohol: 2.1g (100%), Alcohol %: 0.69% (100%), Protein: 33.75g (67.5%), Selenium: 64.17µg (91.67%), Vitamin B3: 10.68mg (53.41%), Vitamin B6: 0.89mg (44.45%), Zinc: 6.14mg (40.96%), Phosphorus: 403.34mg (40.33%), Vitamin B12: 1.76µg (29.27%), Vitamin B2: 0.48mg (27.96%), Potassium: 703.07mg (20.09%), Vitamin B5: 1.88mg (18.76%), Copper: 0.37mg (18.56%), Iron: 3.31mg (18.41%), Manganese: 0.35mg (17.48%), Magnesium: 56.95mg (14.24%), Vitamin B1: 0.21mg (14.16%), Folate: 41.19µg (10.3%), Calcium: 81.08mg (8.11%), Fiber: 1.66g (6.64%), Vitamin K: 6.16µg (5.87%), Vitamin E: 0.81mg (5.42%), Vitamin A: 256.79IU (5.14%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.18µg (1.21%)