



## Beef Stroganoff

READY IN



30 min.

SERVINGS



6

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds beef tenderloin thinly sliced
- 1 teaspoon pepper black freshly ground
- 2 tablespoons ghee
- 1 cup cremini mushrooms sliced
- 3 cups demi-glace
- 2 teaspoons dijon mustard
- 6 servings serving suggestion: egg noodles cooked
- 2 teaspoons kosher salt
- 0.5 cup onion chopped

- 1.3 cups cup heavy whipping cream sour
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil
- 0.3 cup white wine

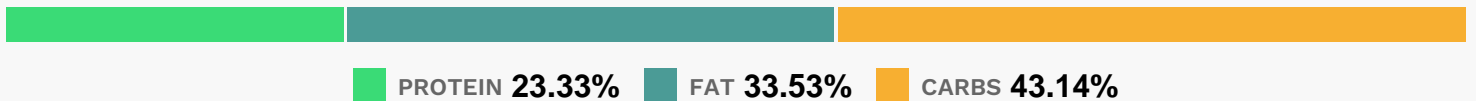
## Equipment

- pot

## Directions

- In a large pot heat the oil over high heat. Season the beef with the salt and pepper and saute until browned.
- Remove the beef from the pot and set aside, pour off any excess fat in the pot.
- Melt the clarified butter in the pot and saute the mushrooms and onions.
- Add the white wine and simmer until reduced by 1/2
- Stir in the tomato paste and mustard and cook for 2 minutes.
- Add the demi-glace and beef, bring to a boil. Reduce the heat and simmer for 5 minutes. Stir in the sour cream and adjust the seasoning.
- Serve on a bed of warm egg noodles.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:17.46, Inflammation Score:-5, Nutrition Score:13.069130296293%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

2.71mg

## Nutrients (% of daily need)

Calories: 737.95kcal (36.9%), Fat: 26.73g (41.12%), Saturated Fat: 9.31g (58.18%), Carbohydrates: 77.4g (25.8%), Net Carbohydrates: 74.88g (27.23%), Sugar: 14.88g (16.53%), Cholesterol: 88.11mg (29.37%), Sodium: 3230.04mg (140.44%), Alcohol: 1.03g (100%), Alcohol %: 0.28% (100%), Protein: 41.84g (83.68%), Selenium: 49.97µg (71.38%), Manganese: 0.6mg (29.88%), Iron: 5.21mg (28.95%), Phosphorus: 198.2mg (19.82%), Copper: 0.27mg (13.31%), Vitamin B2: 0.2mg (12.04%), Magnesium: 44.31mg (11.08%), Vitamin K: 10.61µg (10.1%), Fiber: 2.52g (10.09%), Zinc: 1.45mg (9.67%), Potassium: 338.03mg (9.66%), Vitamin B6: 0.19mg (9.42%), Vitamin B3: 1.88mg (9.4%), Vitamin B5: 0.89mg (8.9%), Vitamin B1: 0.13mg (8.64%), Vitamin A: 417.85IU (8.36%), Calcium: 79.05mg (7.9%), Vitamin E: 1mg (6.68%), Folate: 25.56µg (6.39%), Vitamin B12: 0.28µg (4.58%), Vitamin C: 2.59mg (3.14%), Vitamin D: 0.18µg (1.2%)