



Beef Stroganoff

READY IN



25 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce beef broth canned
- 1 cup cup heavy whipping cream sour low-fat
- 1 teaspoon kosher salt
- 1 large onion chopped
- 1 tablespoon paprika
- 2 tablespoons parsley chopped
- 2.5 pounds sirloin steak trimmed very thin sliced into
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil

- 20 ounce mushrooms white sliced
- 12 ounce extra wide egg noodles cooked

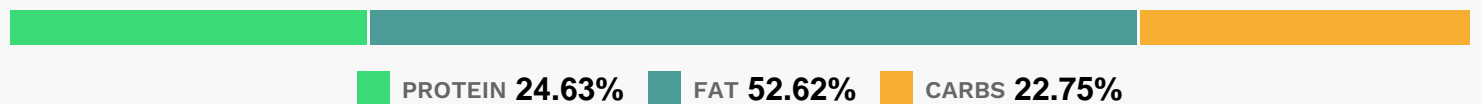
Equipment

- dutch oven

Directions

- Heat the oil in a large Dutch oven over medium-high heat.
- Add the sirloin, browning it (in batches if necessary).
- Remove and set aside.
- Place the caraway seeds (if using) and onion in the Dutch oven. Cook, stirring occasionally, until the onion is transparent, about 5 minutes.
- Add the mushrooms and cook until soft, another 8 minutes. Stir in the tomato paste, paprika, and salt until well blended.
- Add the sirloin and broth, stirring to combine. Simmer until the meat is very tender and about half the liquid remains, 10 to 15 minutes.
- Remove from heat and stir in the parsley and sour cream.
- Serve over the egg noodles.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:13.92, Inflammation Score:-7, Nutrition Score:26.942174102949%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 641.98kcal (32.1%), Fat: 37.55g (57.76%), Saturated Fat: 16.51g (103.16%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 33.59g (12.22%), Sugar: 4.45g (4.95%), Cholesterol: 148.72mg (49.57%), Sodium: 612.39mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.09%), Selenium: 65.1µg (93.01%), Vitamin B12: 4.18µg (69.6%), Vitamin B3: 9.26mg (46.31%), Phosphorus: 446.1mg (44.61%), Zinc: 6.01mg (40.08%), Vitamin B2: 0.67mg (39.29%), Vitamin B6: 0.77mg (38.53%), Potassium: 916.63mg (26.19%), Iron: 4.54mg (25.21%), Copper: 0.5mg (24.84%), Vitamin K: 25.05µg (23.86%), Manganese: 0.47mg (23.66%), Vitamin A: 1040.28IU (20.81%), Vitamin B5: 2.03mg (20.29%), Vitamin B1: 0.29mg (19.55%), Magnesium: 68.12mg (17.03%), Fiber: 2.93g (11.73%), Folate: 41.09µg (10.27%), Vitamin E: 1.15mg (7.69%), Vitamin C: 5.27mg (6.39%), Calcium: 57.55mg (5.75%), Vitamin D: 0.75µg (4.97%)