



Beef Stroganoff

READY IN



15 min.

SERVINGS



15

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces extra wide egg noodles
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 8 ounces mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion sliced
- ☐ 15 servings salt and pepper
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon paprika sweet

- ☐ 0.5 cup sacramento tomato juice
- ☐ 1 pound beef top sirloin steaks sliced into 2-inch strips
- ☐ 1 tablespoon worcestershire sauce

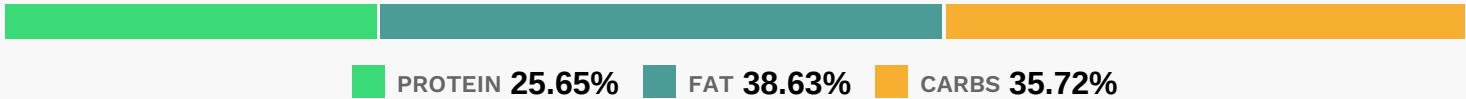
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Warm 1 Tbsp. oil in a skillet over medium-high heat. Pat steak dry; season with salt and pepper. Brown half of steak in a single layer, 1 minute per side.
- ☐ Transfer to a plate. Repeat with remaining oil and steak.
- ☐ Add mushrooms and onion to same skillet and cook, stirring, until softened, about 7 minutes.
- ☐ Add garlic and saut for 30 seconds.
- ☐ Sprinkle flour on top of vegetables. Cook, stirring, for 30 seconds.
- ☐ Add paprika, then slowly stir in juice, Worcestershire and 1 cups water.
- ☐ Add steak. Bring to a boil, cover and reduce heat to low. Simmer 15 minutes; season with salt and pepper.
- ☐ Bring a pot of salted water to a boil. Cook noodles for 7 to 8 minutes.
- ☐ Drain.
- ☐ Serve stroganoff over noodles; top with sour cream.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:5.4, Inflammation Score:-3, Nutrition Score:7.3721738276274%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 155.08kcal (7.75%), Fat: 6.67g (10.26%), Saturated Fat: 2.39g (14.97%), Carbohydrates: 13.88g (4.63%),
Net Carbohydrates: 13.04g (4.74%), Sugar: 1.72g (1.92%), Cholesterol: 39.59mg (13.2%), Sodium: 235.32mg
(10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.93%), Selenium: 23.63µg (33.76%), Vitamin
B3: 2.98mg (14.88%), Vitamin B6: 0.26mg (13.25%), Phosphorus: 130.2mg (13.02%), Zinc: 1.67mg (11.11%), Vitamin B2:
0.15mg (8.73%), Manganese: 0.17mg (8.29%), Potassium: 251.49mg (7.19%), Copper: 0.13mg (6.56%), Vitamin B5:
0.65mg (6.48%), Vitamin B12: 0.37µg (6.11%), Iron: 1.06mg (5.86%), Vitamin B1: 0.08mg (5.28%), Magnesium:
20.64mg (5.16%), Vitamin A: 208.03IU (4.16%), Folate: 16.3µg (4.08%), Vitamin E: 0.54mg (3.58%), Fiber: 0.84g
(3.36%), Calcium: 31.94mg (3.19%), Vitamin C: 2.49mg (3.02%), Vitamin K: 2.09µg (1.99%)