



Beef Stroganoff

READY IN



45 min.

SERVINGS



5

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 cup beef broth
- ☐ 0.3 teaspoon pepper black divided
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 8 ounce pre mushrooms
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon salt divided
- ☐ 1 pound rump steak boneless (1/)
- ☐ 2 teaspoons tomato paste
- ☐ 1 tablespoon worcestershire sauce

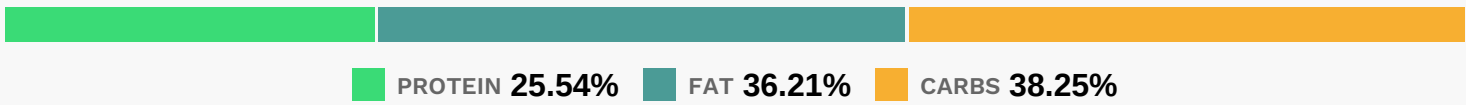
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, combine broth, Worcestershire, vinegar, tomato paste, 1/2 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl, stirring with a whisk.
- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Sprinkle beef with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add beef to pan; cook 3 1/2 minutes on each side or until desired degree of doneness.
- ☐ Remove beef from pan.
- ☐ Add onion and mushrooms to pan; saut 3 minutes or until mushrooms are tender. Stir in flour; cook 1 minute, stirring constantly. Stir in broth mixture; cook 1 minute or until slightly thick, stirring constantly.
- ☐ Cut beef into thin strips; return to pan. Stir in pasta, sour cream, and parsley; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:67.4, Glycemic Load:17.32, Inflammation Score:-6, Nutrition Score:22.535217476928%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 456.17kcal (22.81%), Fat: 18.27g (28.11%), Saturated Fat: 7.61g (47.56%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 40.57g (14.75%), Sugar: 3.98g (4.42%), Cholesterol: 96.95mg (32.32%), Sodium: 789.99mg (34.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29g (58%), Selenium: 57.82µg (82.6%), Vitamin K: 50.15µg (47.77%), Vitamin B12: 2.8µg (46.7%), Phosphorus: 349mg (34.9%), Vitamin B3: 6.71mg (33.57%), Zinc: 4.34mg (28.93%), Vitamin B2: 0.47mg (27.42%), Vitamin B6: 0.55mg (27.39%), Manganese: 0.52mg (26.25%), Potassium: 732.16mg (20.92%), Iron: 3.74mg (20.8%), Copper: 0.4mg (19.76%), Vitamin B1: 0.27mg (18.09%), Magnesium: 59.24mg (14.81%), Vitamin B5: 1.46mg (14.59%), Folate: 49.25µg (12.31%), Fiber: 2.84g (11.35%), Vitamin C: 8.49mg (10.29%), Vitamin A: 396.76IU (7.94%), Calcium: 75.67mg (7.57%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.27µg (1.82%)