



Beef Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 8 ounces extra wide egg noodles hot cooked uncooked
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons flat-leaf parsley fresh minced
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 0.8 cup cup heavy whipping cream sour reduced-fat

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound rump steak boneless trimmed

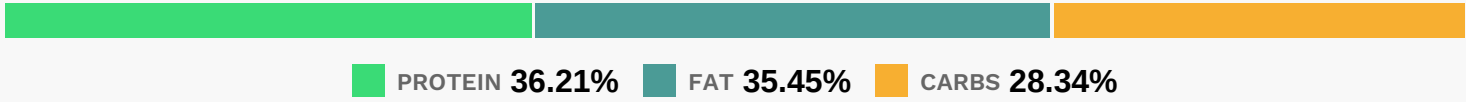
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut beef diagonally across the grain into 1/4-inch-wide strips; cut the strips into 2-inch pieces.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; saut 2 minutes or until lightly browned.
- ☐ Remove beef from pan; place in a medium bowl, and keep warm.
- ☐ Add cremini mushrooms and onion to pan; saut 4 minutes.
- ☐ Add cremini mushroom mixture to beef.
- ☐ Melt butter in pan over medium heat.
- ☐ Add flour. Cook 1 minute, stirring with a whisk. Gradually add broth, stirring constantly. Cook 1 minute or until thickened and bubbly, stirring constantly.
- ☐ Add beef mixture, sherry, salt, and pepper to pan; bring to a boil. Reduce heat, and simmer 4 minutes.
- ☐ Remove from heat; let stand 30 seconds. Stir in sour cream.
- ☐ Combine noodles and minced parsley.
- ☐ Serve beef mixture over noodles.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:6.25, Inflammation Score:-5, Nutrition Score:15.936956483385%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 9.31g (14.32%), Saturated Fat: 4.57g (28.53%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.69g (5.71%), Sugar: 1.55g (1.72%), Cholesterol: 72.16mg (24.05%), Sodium: 355.45mg (15.45%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 21.39g (42.79%), Selenium: 39.98µg (57.12%), Vitamin B3: 7.42mg (37.09%), Vitamin K: 34.26µg (32.63%), Vitamin B6: 0.54mg (27.16%), Zinc: 4.01mg (26.74%), Phosphorus: 259.63mg (25.96%), Vitamin B2: 0.33mg (19.32%), Vitamin B12: 1.1µg (18.27%), Potassium: 624.68mg (17.85%), Copper: 0.3mg (14.94%), Vitamin B5: 1.2mg (12.02%), Manganese: 0.24mg (11.91%), Iron: 1.93mg (10.73%), Magnesium: 35.61mg (8.9%), Vitamin B1: 0.13mg (8.87%), Folate: 35.41µg (8.85%), Calcium: 81.01mg (8.1%), Vitamin A: 329.52IU (6.59%), Vitamin C: 3.91mg (4.73%), Fiber: 1.05g (4.2%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.21µg (1.39%)