



Beef Stroganoff

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% healthy request® canned (Regular, , Less Sodium or)
- ☐ 4 servings parsley fresh chopped
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup cup heavy whipping cream plain sour
- ☐ 1 pound beef top round steak boneless cut into thin strips
- ☐ 1 tablespoon vegetable oil

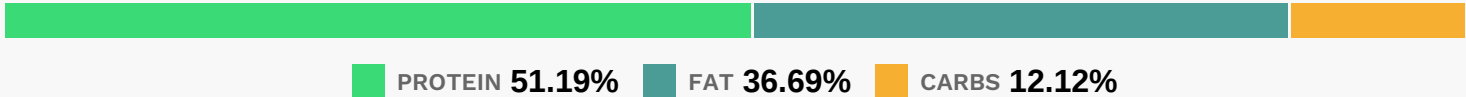
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch nonstick skillet over medium-high heat.
- ☐ Add the beef and cook until it's well browned, stirring often.
- ☐ Remove the beef from the skillet.
- ☐ Pour off any fat. Reduce the heat to medium.
- ☐ Add the onion to the skillet and cook until it's tender. Stir the soup and paprika in the skillet and heat to a boil. Stir in the sour cream. Return the beef to the skillet and cook until the mixture is hot and bubbling.
- ☐ Serve the beef mixture over the noodles.
- ☐ Serve with sauteed spinach with garlic and crusty French bread. For dessert serve a fresh apple & raisin cup: cubed, cored apples mixed with raisins. Cost per recipe: \$33 Cost per recipe serving: \$08Total cost of meal (including serving suggestion): \$00 Cost calculations based on July 2008 national average prices

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:20.096521580349%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 246.12kcal (12.31%), Fat: 9.83g (15.12%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.51g (2.37%), Sugar: 1.89g (2.09%), Cholesterol: 75.64mg (25.21%), Sodium: 625.53mg (27.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Vitamin K: 73.74µg (70.22%), Selenium: 36.76µg (52.51%), Vitamin B3: 8.63mg (43.14%), Vitamin B6: 0.85mg (42.26%), Zinc: 6.24mg (41.6%), Phosphorus: 305.19mg (30.52%), Vitamin B12: 1.73µg (28.81%), Iron: 3.17mg (17.63%), Potassium: 613.38mg (17.53%), Vitamin B2: 0.26mg (15.11%), Copper: 0.29mg (14.64%), Manganese: 0.29mg (14.27%), Vitamin A: 603.84IU (12.08%), Vitamin B5: 1.05mg (10.47%), Magnesium: 41.02mg (10.26%), Vitamin B1: 0.14mg (9.55%), Vitamin C: 6.91mg (8.37%), Folate: 32.76µg (8.19%), Calcium: 63.96mg (6.4%), Vitamin E: 0.8mg (5.32%), Fiber: 0.8g (3.2%)