

Beef Stroganoff II

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 8 ounce extra wide egg noodles
- 1.5 tablespoons flour all-purpose
- 0.1 teaspoon pepper black
- 1 onion chopped
- 0.3 teaspoon paprika
- 0.8 teaspoon salt
- 1 pound sirloin steak cut into bite size strips
- 1.3 cups cream fat free sour

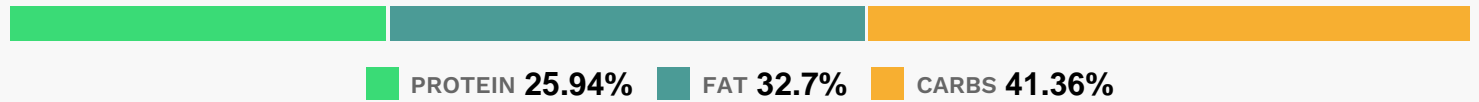
Equipment

frying pan

Directions

- Brown the beef strips in a large skillet over medium high heat and drain excess fat.
- Add the onion and saute for 5 minutes, or until tender. Stir in the flour, salt, paprika and ground black pepper.
- Add the soup, reduce heat to medium low and let simmer for 15 minutes. Then add the sour cream, stirring well.
- Prepare egg noodles according to package directions.
- Serve beef mixture over the egg noodles.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:19.09, Inflammation Score:-5, Nutrition Score:23.065217482007%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 590.88kcal (29.54%), Fat: 21.22g (32.65%), Saturated Fat: 8.42g (52.61%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 57.78g (21.01%), Sugar: 2.53g (2.81%), Cholesterol: 121.41mg (40.47%), Sodium: 1151.95mg (50.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.87g (75.75%), Selenium: 68.3µg (97.57%), Vitamin B12: 3.65µg (60.91%), Phosphorus: 435.84mg (43.58%), Zinc: 6.08mg (40.53%), Manganese: 0.79mg (39.69%), Vitamin B6: 0.64mg (31.77%), Vitamin B3: 6.25mg (31.27%), Vitamin B2: 0.43mg (25.39%), Iron: 4.11mg (22.86%), Copper: 0.44mg (21.93%), Potassium: 724.39mg (20.7%), Vitamin B1: 0.29mg (19.27%), Magnesium: 71.8mg (17.95%), Calcium: 127.12mg (12.71%), Folate: 46.93µg (11.73%), Vitamin B5: 1.06mg (10.64%), Fiber: 2.63g (10.51%), Vitamin A: 280.89IU (5.62%), Vitamin C: 2.04mg (2.47%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.17µg (1.13%)