



Beef Stroganoff III

READY IN



100 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounce condensed beef broth canned
- 2 pounds beef chuck
- 4 ounces butter
- 6 ounce mushrooms drained sliced canned
- 4 tablespoons flour all-purpose
- 4 green onions sliced (white parts only)
- 8 servings ground pepper black to taste
- 1 teaspoon mustard prepared
- 8 servings salt to taste

0.3 cup cup heavy whipping cream sour

0.3 cup white wine

Equipment

frying pan

Directions

Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.

In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side.

Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.

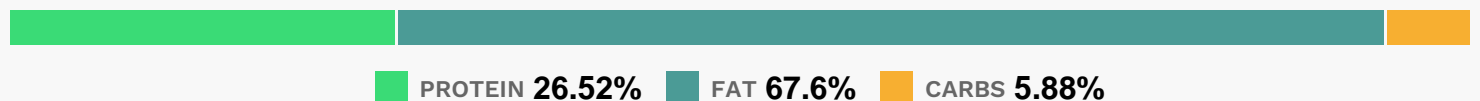
Stir the flour into the juices on the empty side of the pan.

Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.

Five minutes before serving, stir in the mushrooms, sour cream, and white wine.

Heat briefly then salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.22, Inflammation Score:-4, Nutrition Score:15.238260787466%

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 Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 357.05kcal (17.85%), Fat: 26.59g (40.91%), Saturated Fat: 14.03g (87.69%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.09g (1.21%), Cholesterol: 114.37mg (38.12%), Sodium: 616.97mg (26.82%), Alcohol: 1.03g (100%), Alcohol %: 0.6% (100%), Protein: 23.47g (46.93%), Zinc: 8.79mg (58.62%), Vitamin B12: 3.17µg (52.77%), Selenium: 26.52µg (37.89%), Vitamin B3: 5.82mg (29.08%), Phosphorus: 252.78mg (25.28%), Vitamin B6: 0.47mg (23.32%), Iron: 2.91mg (16.17%), Vitamin K: 15.48µg (14.74%), Potassium: 469.36mg (13.41%), Vitamin B2: 0.22mg (13.12%), Vitamin A: 489.48IU (9.79%), Vitamin B5: 0.95mg (9.53%), Vitamin B1: 0.13mg (8.72%), Magnesium: 30.22mg (7.56%), Copper: 0.13mg (6.68%), Manganese: 0.1mg (4.86%), Folate: 18.56µg (4.64%), Calcium: 43.67mg (4.37%), Vitamin E: 0.62mg (4.14%), Fiber: 0.82g (3.28%), Vitamin C: 1.22mg (1.47%), Vitamin D: 0.16µg (1.04%)