



Beef Stroganoff III

 Popular

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

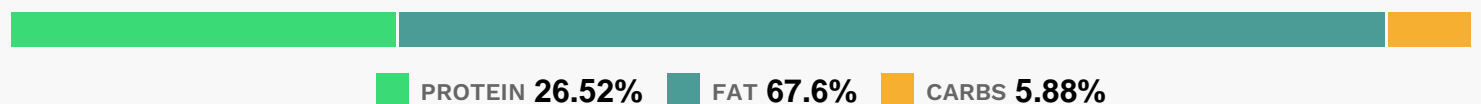
Equipment

- 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%)