



Beef Stroganoff with White Wine

READY IN



65 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups beef bouillon from cube
- ☐ 1.5 pounds beef sirloin steak cut into 1 inch cubes
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cloves garlic diced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 cups half-and-half cream
- ☐ 8 ounce mushrooms sliced
- ☐ 1 large onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup white wine

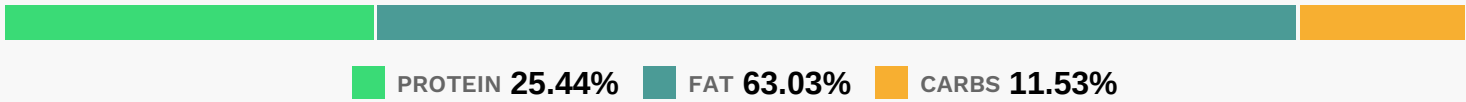
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a large saucepan over medium-high heat. Cook and stir the mushrooms, onion and garlic in the butter until tender. Reserving the liquid in the saucepan, remove the mushroom mixture to a bowl. Return the butter mixture to medium-high heat.
- ☐ Whisk together the flour and half-and-half until smooth; set aside.
- ☐ Season the beef with salt and pepper; cook the beef in the reserved liquid until browned, about 5 minutes. Stir the wine, beef bouillon, thyme, basil, oregano, bay leaves, and pepper; reduce heat to medium-low and simmer 10 minutes. Slowly stir in the flour mixture and simmer, stirring occasionally, until the sauce thickens, 20 to 30 minutes.
- ☐ Add the mushroom mixture and stir.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:4.04, Inflammation Score:-7, Nutrition Score:18.035652098448%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 488.33kcal (24.42%), Fat: 32.19g (49.52%), Saturated Fat: 16.23g (101.42%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.99g (4.36%), Sugar: 5.58g (6.2%), Cholesterol: 106.79mg (35.6%), Sodium: 458.71mg (19.94%), Alcohol: 4.12g (100%), Alcohol %: 1.33% (100%), Protein: 29.23g (58.45%), Vitamin B12: 3.39µg (56.48%), Selenium: 27.69µg (39.55%), Phosphorus: 343.17mg (34.32%), Vitamin B2: 0.58mg (33.92%), Vitamin B3: 6.62mg (33.09%), Vitamin B6: 0.6mg (30.11%), Zinc: 4.42mg (29.45%), Potassium: 712.02mg (20.34%), Iron: 3.54mg (19.66%), Vitamin B1: 0.23mg (15.34%), Manganese: 0.26mg (13.19%), Vitamin B5: 1.26mg (12.64%), Copper: 0.25mg (12.58%), Calcium: 125.49mg (12.55%), Magnesium: 46.53mg (11.63%), Vitamin A: 475.1IU (9.5%), Vitamin K: 9.04µg (8.61%), Folate: 33.67µg (8.42%), Fiber: 1.26g (5.03%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.44mg (2.94%)