



HEALTH SCORE

71%

Beef Stroganoff with Yogurt and Dill



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound button mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 4 servings kosher salt and pepper
- ☐ 12 ounces multigrain noodles
- ☐ 0.3 cup nonfat greek yogurt
- ☐ 2 tablespoons olive oil
- ☐ 4 shallots sliced

☐ 1 pound rump steak thinly sliced

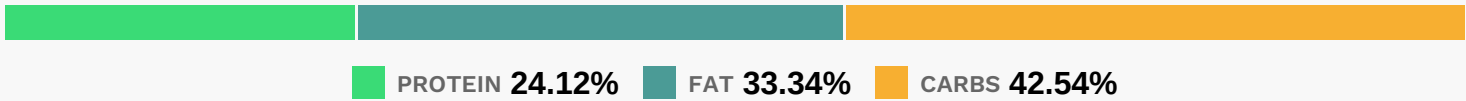
Equipment

☐ frying pan

Directions

- ☐ Cook the noodles according to the package directions. Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the steak with 1/4 teaspoon each salt and pepper. In 2 batches, cook the steak until browned, about 1 minute per side; transfer to a plate. Return the skillet to medium heat and add the remaining tablespoon of oil.
- ☐ Add the mushrooms and shallots and cook, stirring occasionally, until tender, 5 to 6 minutes.
- ☐ Add the wine and simmer until the liquid has reduced by half, 2 to 3 minutes. Return the beef and any accumulated juices to the skillet and cook until heated through, 1 to 2 minutes.
- ☐ Serve over the noodles and top with the yogurt and dill.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:34.627825975418%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 686.03kcal (34.3%), Fat: 25.49g (39.21%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 73.15g (24.38%), Net Carbohydrates: 71.15g (25.87%), Sugar: 4.91g (5.46%), Cholesterol: 64.13mg (21.38%), Sodium: 278.43mg (12.11%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 41.48g (82.96%), Manganese: 2.81mg

(140.66%), Selenium: 92.91µg (132.73%), Vitamin B3: 12.73mg (63.64%), Phosphorus: 553.6mg (55.36%), Vitamin B12: 3.29µg (54.76%), Vitamin B2: 0.83mg (49.11%), Zinc: 6.55mg (43.7%), Copper: 0.87mg (43.3%), Vitamin B1: 0.64mg (42.75%), Vitamin B6: 0.85mg (42.66%), Magnesium: 165.75mg (41.44%), Iron: 6.56mg (36.43%), Vitamin B5: 3.03mg (30.25%), Potassium: 1038.07mg (29.66%), Folate: 88.64µg (22.16%), Vitamin C: 6.88mg (8.34%), Fiber: 2g (7.98%), Calcium: 76.35mg (7.64%), Vitamin E: 1.03mg (6.87%), Vitamin A: 228.22IU (4.56%), Vitamin K: 4.53µg (4.32%), Vitamin D: 0.23µg (1.51%)