

Beef Stroganov

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 lb frangelico trimmed sliced cut into 1-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 lb crimini mushrooms trimmed halved quartered (if large)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shallots thinly sliced
- ☐ 3 tablespoons cream sour at room temperature
- ☐ 3.5 tablespoons butter unsalted
- ☐ 6 servings extra wide egg noodles

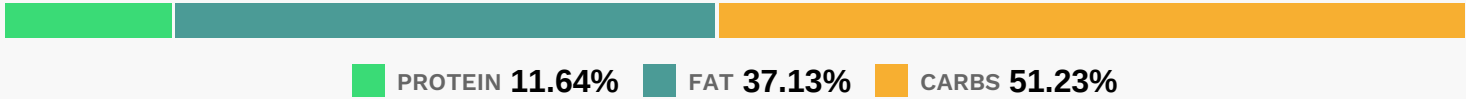
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Melt 1 1/2 tablespoons butter in a small heavy saucepan over moderate heat and whisk in flour, then cook roux, whisking constantly, 2 minutes.
- ☐ Add broth in a slow stream, whisking constantly, and bring to a boil. Reduce heat and simmer, whisking occasionally, 3 minutes.
- ☐ Remove from heat and keep warm.
- ☐ Pat beef dry and season well with salt and pepper.
- ☐ Heat 1 tablespoon butter with 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until foam subsides. Sauté beef in two batches, turning once, until browned on both sides but still pink inside, about 1 minute.
- ☐ Transfer to a plate with a slotted spoon.
- ☐ Heat remaining tablespoon butter with remaining tablespoon oil in same skillet over moderately high heat until hot but not smoking, then sauté shallot, stirring occasionally, until golden brown, about 3 minutes.
- ☐ Add mushrooms and sauté, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are browned, about 8 to 10 minutes. Return meat with its juices to skillet and stir to combine, then transfer to a platter.
- ☐ Reheat sauce over low heat (do not let boil), then whisk in sour cream, mustard, dill, salt, and pepper.
- ☐ Pour sauce over beef and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:18.26, Inflammation Score:-5, Nutrition Score:14.965652237768%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 361.52kcal (18.08%), Fat: 15.15g (23.31%), Saturated Fat: 6.17g (38.54%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 44.11g (16.04%), Sugar: 3.8g (4.23%), Cholesterol: 68.14mg (22.71%), Sodium: 372.26mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Selenium: 60.4µg (86.29%), Manganese: 0.65mg (32.33%), Copper: 0.47mg (23.67%), Phosphorus: 229.02mg (22.9%), Vitamin B2: 0.36mg (21.22%), Vitamin B3: 3.77mg (18.86%), Vitamin B5: 1.47mg (14.65%), Potassium: 492.33mg (14.07%), Vitamin B6: 0.26mg (12.98%), Zinc: 1.82mg (12.14%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.91g (11.65%), Magnesium: 44.18mg (11.05%), Folate: 41.08µg (10.27%), Iron: 1.72mg (9.54%), Vitamin E: 1.11mg (7.4%), Vitamin A: 288.31IU (5.77%), Calcium: 49.05mg (4.9%), Vitamin B12: 0.27µg (4.56%), Vitamin K: 4.06µg (3.87%), Vitamin D: 0.35µg (2.31%), Vitamin C: 1.75mg (2.12%)