



Big Top Beef Stroganoff

READY IN



95 min.

SERVINGS



4

CALORIES



1047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound beef bottom round roast julienned
- 1 cup beef stock
- 1 pound extra wide egg noodles
- 2 tablespoons flat-leaf parsley fresh minced
- 2 cloves garlic with the side of a knife blade, and minced crushed
- 1 tablespoons grapeseed oil as needed
- 0.3 cup horseradish prepared
- 1 tablespoon paprika
- 2 cups red wine

- 4 servings salt and pepper black freshly ground
- 1 cup cup heavy whipping cream sour
- 6 ounces mushrooms white cleaned trimmed sliced
- 1 large onion diced white

Equipment

- frying pan
- whisk
- pot
- slotted spoon

Directions

- Heat oil over medium-high heat in a large saute pan which should be large enough to accommodate the mushrooms, wine and beef.
- Season beef with salt, pepper, and paprika, and set aside briefly.
- To the heated pan, add white onion and garlic and saute until the onion becomes translucent.
- Add the mushrooms and saute until they give up their juices.
- Add the beef strips to the pan, pour red wine, pouring over the meat, and allow the wine to reduce by half.
- Add beef stock and return to a boil. Cover, reduce heat, and allow meat to braise until it is fork tender, about 25 minutes.
- Bring a pot of water to a boil for the noodles.
- Using a slotted spoon, remove meat and mushrooms from pan, cover and keep in a warm place. Allow liquids to reduce and thicken with the pan uncovered.
- While the beef stock is reducing, boil the egg noodles until al dente.
- Remove sauce from heat and whisk in sour cream and horseradish (which will add stroganoff flavor and stabilize the sauce). Return meat and mushrooms to sauce.
- Drain egg noodles well and spoon stroganoff over.
- Garnish with parsley.

Nutrition Facts

PROTEIN 30.02% FAT 29.82% CARBS 40.16%

Properties

Glycemic Index:79, Glycemic Load:36.11, Inflammation Score:-9, Nutrition Score:46.806521623031%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1047.25kcal (52.36%), Fat: 31.53g (48.51%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 95.55g (31.85%), Net Carbohydrates: 89.52g (32.55%), Sugar: 9g (10.01%), Cholesterol: 269.79mg (89.93%), Sodium: 361.46mg (15.72%), Alcohol: 12.72g (100%), Alcohol %: 2.37% (100%), Protein: 71.44g (142.87%), Selenium: 160.16µg (228.8%), Vitamin B3: 20.4mg (102.01%), Vitamin B6: 2.01mg (100.46%), Phosphorus: 912.01mg (91.2%), Zinc: 12.6mg (83.98%), Vitamin B12: 4.66µg (77.71%), Manganese: 1.32mg (66.11%), Vitamin B2: 0.86mg (50.78%), Potassium: 1670.54mg (47.73%), Iron: 8.46mg (47.02%), Magnesium: 160.84mg (40.21%), Copper: 0.79mg (39.62%), Vitamin K: 39.43µg (37.55%), Vitamin B1: 0.5mg (33.63%), Vitamin B5: 3.01mg (30.11%), Vitamin A: 1463.09IU (29.26%), Fiber: 6.03g (24.13%), Folate: 95.08µg (23.77%), Vitamin E: 2.87mg (19.15%), Calcium: 183.48mg (18.35%), Vitamin C: 11.06mg (13.41%), Vitamin D: 0.43µg (2.83%)