



Brandied Beef Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef sirloin steak boneless lean
- ☐ 3 tablespoons brandy
- ☐ 0.5 cup beef broth ready-to-serve canned
- ☐ 3 cups extra wide egg noodles cooked
- ☐ 2 ounces mushroom caps fresh sliced
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon paprika
- ☐ 0.5 cup pepper strips sweet red
- ☐ 0.5 cup pepper strips sweet yellow

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil

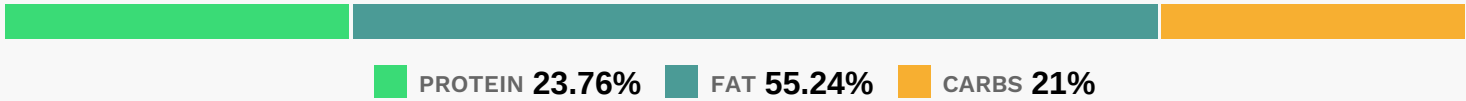
Equipment

- ☐ frying pan

Directions

- ☐ Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 2- x 1/4-inch strips.
- ☐ Cook steak in 2 tablespoons hot oil in a large skillet over medium heat until browned.
- ☐ Remove steak from skillet; set aside, and keep warm.
- ☐ Saute mushrooms, peppers, and shallots in margarine in skillet over medium-high heat until tender.
- ☐ Remove from heat.
- ☐ Add brandy, and immediately ignite with a long match.
- ☐ Let flames die down.
- ☐ Combine sour cream and next 3 ingredients; add to vegetable mixture. Cook over medium-low heat 8 minutes, stirring frequently. Stir in steak, and cook until thoroughly heated. To serve, spoon steak mixture over noodles.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:10.31, Inflammation Score:-9, Nutrition Score:23.383913042753%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 553.2kcal (27.66%), Fat: 33g (50.78%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 25.94g (9.43%), Sugar: 4.58g (5.09%), Cholesterol: 135.34mg (45.11%), Sodium: 452.3mg (19.67%), Alcohol: 2.51g (100%), Alcohol %: 0.89% (100%), Protein: 31.94g (63.88%), Selenium: 57.8µg (82.58%), Vitamin C: 40.19mg (48.71%), Vitamin B6: 0.93mg (46.35%), Vitamin B3: 8.62mg (43.11%), Phosphorus: 389.78mg (38.98%), Zinc: 5.55mg (37.01%), Vitamin A: 1821.38IU (36.43%), Vitamin B12: 1.32µg (22.04%), Vitamin B2: 0.34mg (19.96%), Potassium: 686.8mg (19.62%), Manganese: 0.37mg (18.71%), Iron: 2.91mg (16.18%), Magnesium: 60.25mg (15.06%), Vitamin B5: 1.48mg (14.81%), Vitamin E: 1.95mg (12.99%), Calcium: 124.88mg (12.49%), Vitamin K: 12.36µg (11.77%), Copper: 0.23mg (11.35%), Folate: 39.53µg (9.88%), Vitamin B1: 0.15mg (9.84%), Fiber: 2.29g (9.17%)