



## Campbell's Kitchen Beef Stroganoff

READY IN



25 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of mushroom soup fat free 98% canned
- 4 cups egg noodles hot cooked
- 4 servings parsley fresh chopped
- 1 medium onion chopped
- 0.5 teaspoon paprika
- 0.5 cup cream sour
- 1 pound top round boneless
- 2 tablespoons vegetable oil

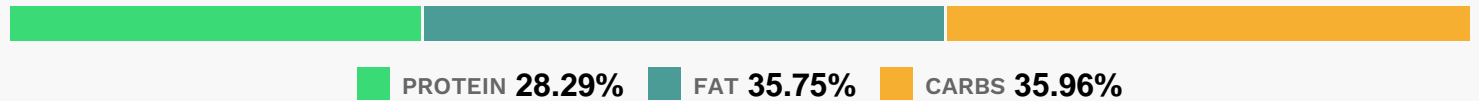
# Equipment

frying pan

# Directions

- Slice beef into very thin strips.
- Heat half the oil in skillet over medium-high heat. Cook beef until browned, stirring often. Set beef aside.
- Add remaining oil.
- Add onion and cook over medium heat until tender.
- Pour off fat.
- Add soup and paprika.
- Heat to a boil. Stir in sour cream and return beef to skillet.
- Heat through.
- Serve over noodles.
- Sprinkle with parsley.

# Nutrition Facts



# Properties

Glycemic Index:31, Glycemic Load:19.78, Inflammation Score:-7, Nutrition Score:27.188260840333%

# Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

# Nutrients (% of daily need)

Calories: 543.74kcal (27.19%), Fat: 21.43g (32.97%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 45.75g (16.64%), Sugar: 2.85g (3.16%), Cholesterol: 136.34mg (45.45%), Sodium: 633.18mg

(27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.16g (76.31%), Selenium: 75.64µg (108.05%), Vitamin K: 80.21µg (76.39%), Zinc: 7.26mg (48.37%), Vitamin B6: 0.93mg (46.39%), Vitamin B3: 9.26mg (46.31%), Phosphorus: 430.64mg (43.06%), Manganese: 0.8mg (39.87%), Vitamin B12: 1.86µg (30.95%), Iron: 4.11mg (22.82%), Copper: 0.45mg (22.71%), Potassium: 683.72mg (19.53%), Magnesium: 75.35mg (18.84%), Vitamin B2: 0.31mg (18.07%), Vitamin B5: 1.49mg (14.88%), Vitamin A: 673.36IU (13.47%), Vitamin B1: 0.19mg (12.91%), Folate: 45.56µg (11.39%), Fiber: 2.76g (11.04%), Vitamin C: 7.62mg (9.23%), Vitamin E: 1.37mg (9.16%), Calcium: 88.65mg (8.87%), Vitamin D: 0.16µg (1.07%)