



## Campbell's Kitchen Classic Beef Stroganoff

READY IN



40 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 beef sirloin steak boneless
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or )
- 1 medium extra wide egg noodles hot cooked
- 0.3 cup cooking sherry dry
- 4 servings parsley fresh chopped
- 1 medium onion finely chopped
- 4 servings cracked pepper black
- 0.3 cup yogurt plain
- 1 tablespoon tomato paste

1 tablespoon vegetable oil

0.5 cup water

## Equipment

frying pan

## Directions

Season the beef with the black pepper.

Heat the oil in a 10-inch skillet over medium-high heat.

Add the beef and cook until well browned, stirring often.

Remove the beef from the skillet.

Pour off any fat.

Reduce the heat to medium.

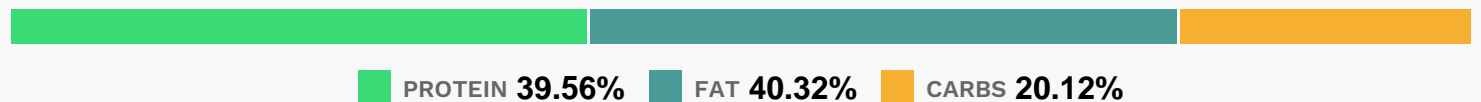
Add the onion and cook until tender.

Stir in the soup, water, sherry, if desired, and tomato paste and heat to a boil. Return the beef to the skillet and cook until the beef is cooked through.

Remove the skillet from the heat. Stir in the yogurt.

Serve the beef mixture over the noodles and sprinkle with the parsley.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:13.442174034598%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## **Nutrients (% of daily need)**

Calories: 186.24kcal (9.31%), Fat: 7.81g (12.02%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.83g (2.85%), Sugar: 2.55g (2.83%), Cholesterol: 39.21mg (13.07%), Sodium: 616.07mg (26.79%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 17.24g (34.49%), Vitamin K: 73.29µg (69.8%), Selenium: 18.17µg (25.96%), Vitamin B3: 4.58mg (22.89%), Zinc: 3.33mg (22.18%), Vitamin B6: 0.44mg (22.17%), Phosphorus: 172.52mg (17.25%), Manganese: 0.32mg (16.02%), Potassium: 436.38mg (12.47%), Vitamin B12: 0.71µg (11.83%), Copper: 0.24mg (11.77%), Iron: 1.93mg (10.71%), Vitamin C: 8.31mg (10.07%), Vitamin B2: 0.16mg (9.13%), Vitamin A: 414.27IU (8.29%), Magnesium: 28.61mg (7.15%), Folate: 25.72µg (6.43%), Vitamin B5: 0.64mg (6.38%), Vitamin B1: 0.08mg (5.43%), Calcium: 50mg (5%), Vitamin E: 0.65mg (4.36%), Fiber: 0.94g (3.78%)