



Campbell's Kitchen Mexican Stroganoff

READY IN



35 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 10.8 ounce campbell's® condensed cream of mushroom with roasted garlic soup canned
- ☐ 4 servings extra wide egg noodles hot cooked
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 1 medium onion chopped
- ☐ 0.3 cup picante sauce pace®
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 ounce taco seasoning

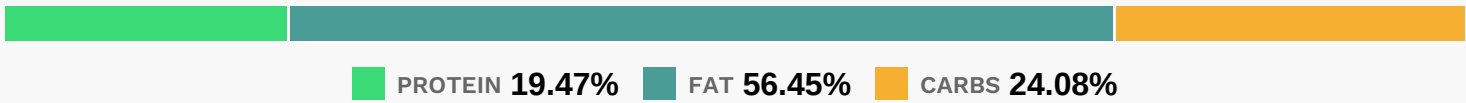
Equipment

☐ frying pan

Directions

- ☐ Heat the butter in a 10-inch skillet over medium heat.
- ☐ Add the onion and garlic and cook until tender.
- ☐ Remove the onion mixture from the skillet.
- ☐ Cook the beef in the skillet over medium-high heat until well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the onion mixture, taco seasoning, soup, sour cream and picante sauce in the skillet and cook until the mixture is hot and bubbling, stirring often.
- ☐ Serve the beef mixture over the noodles.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:10.82, Inflammation Score:-7, Nutrition Score:18.996956498727%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 585.27kcal (29.26%), Fat: 36.72g (56.5%), Saturated Fat: 15.63g (97.67%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 31.97g (11.62%), Sugar: 4.93g (5.48%), Cholesterol: 139.79mg (46.6%), Sodium: 1329.49mg (57.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Selenium: 39.34µg (56.19%), Vitamin B12: 2.72µg (45.33%), Zinc: 6.36mg (42.42%), Phosphorus: 313.56mg (31.36%), Vitamin B3: 6.08mg (30.4%), Manganese: 0.58mg (28.94%), Vitamin B6: 0.52mg (26.23%), Vitamin A: 1092.48IU (21.85%), Iron: 3.89mg (21.62%), Vitamin B2: 0.32mg (18.66%), Copper: 0.34mg (16.81%), Potassium: 574.06mg (16.4%), Fiber: 3.28g (13.12%),

Magnesium: 52.2mg (13.05%), Vitamin B5: 1.16mg (11.56%), Calcium: 90.05mg (9%), Vitamin B1: 0.12mg (7.87%),
Vitamin C: 6.16mg (7.46%), Folate: 27.78µg (6.95%), Vitamin E: 1.04mg (6.9%), Vitamin K: 3.67µg (3.49%), Vitamin D:
0.2µg (1.32%)