



Classic Beef Stroganoff

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp beef bouillon granules instant
- 1 lb beef sirloin steak boneless
- 2 Tbsp butter
- 4 cups noodles hot cooked
- 1 cup knudsen cream sour
- 2 Tbsp flour
- 1.5 cups mushrooms fresh sliced
- 1 clove garlic minced

- 0.5 cup onion chopped
- 0.3 tsp pepper
- 0.5 cup water

Equipment

- bowl
- frying pan

Directions

- Place steak in freezer 30 minutes to firm.
- Cut across grain into 2x1/2-inch strips.
- Mix sour cream and flour in small bowl. Stir in water, bouillon and pepper; set aside.
- Melt butter in large skillet on medium-high heat.
- Add 1/2 of the steak; cook and stir until steak is cooked through.
- Remove steak from skillet.
- Add remaining steak and vegetables to skillet; cook and stir until steak is cooked through and onion is tender. Return all steak to skillet. Reduce heat to medium.
- Add sour cream mixture; cook until bubbly, stirring constantly. Cook an additional minute. Spoon over hot noodles.

Nutrition Facts



PROTEIN 27.16% **FAT 38.1%** **CARBS 34.74%**

Properties

Glycemic Index:244.5, Glycemic Load:77.56, Inflammation Score:-10, Nutrition Score:61.80652153492%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 2106.19kcal (105.31%), Fat: 88.5g (136.15%), Saturated Fat: 34.88g (218%), Carbohydrates: 181.51g (60.5%), Net Carbohydrates: 169.66g (61.69%), Sugar: 17.37g (19.3%), Cholesterol: 403.48mg (134.49%), Sodium: 1571.28mg (68.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.95g (283.91%), Selenium: 292.73µg (418.18%), Vitamin B3: 37.78mg (188.89%), Vitamin B6: 3.47mg (173.73%), Phosphorus: 1588.54mg (158.85%), Zinc: 22.35mg (149%), Vitamin B2: 1.72mg (101.38%), Manganese: 1.99mg (99.56%), Iron: 15.25mg (84.74%), Vitamin B12: 4.87µg (81.21%), Potassium: 2750.95mg (78.6%), Copper: 1.41mg (70.3%), Vitamin B5: 6.65mg (66.46%), Magnesium: 241.81mg (60.45%), Vitamin B1: 0.77mg (51.25%), Vitamin A: 2439.11IU (48.78%), Fiber: 11.85g (47.42%), Folate: 174.53µg (43.63%), Calcium: 411.95mg (41.2%), Vitamin E: 3.34mg (22.27%), Vitamin C: 12.01mg (14.55%), Vitamin K: 9.67µg (9.21%), Vitamin D: 0.29µg (1.92%)