



Classic Beef Stroganoff

READY IN



38 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds sirloin steak
- 2.5 cups mushrooms fresh sliced
- 2 medium onion thinly sliced
- 1 garlic clove finely chopped
- 0.3 cup butter
- 1.5 cups beef broth
- 0.5 teaspoon salt
- 1 teaspoon worcestershire sauce
- 0.3 cup flour

- 1.5 cups cream sour
- 3 cups egg noodles hot cooked

Equipment

- frying pan

Directions

- Cut beef across grain into about 1 1/2x1/2-inch strips.
- Cook mushrooms, onions and garlic in butter in 10-inch skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet.
- Cook beef in same skillet until brown. Stir in 1 cup of the broth, the salt and Worcestershire sauce.
- Heat to boiling; reduce heat. Cover and simmer 15 minutes.
- Stir remaining 1/2 cup broth into flour; stir into beef mixture.
- Add onion mixture; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sour cream; heat until hot (do not boil).
- Serve over noodles.

Nutrition Facts

  
 **PROTEIN 21.27%**  **FAT 57.2%**  **CARBS 21.53%**

Properties

Glycemic Index:44, Glycemic Load:13.55, Inflammation Score:-6, Nutrition Score:19.880869647731%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 591.95kcal (29.6%), Fat: 37.65g (57.92%), Saturated Fat: 17.93g (112.06%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 29.75g (10.82%), Sugar: 4.75g (5.28%), Cholesterol: 140.96mg (46.99%), Sodium:

577.52mg (25.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.5g (63.01%), Selenium: 46.22µg (66.03%), Vitamin B12: 3.42µg (56.99%), Phosphorus: 363.91mg (36.39%), Vitamin B3: 6.77mg (33.83%), Zinc: 4.75mg (31.68%), Vitamin B2: 0.53mg (31.22%), Vitamin B6: 0.59mg (29.58%), Potassium: 683.7mg (19.53%), Manganese: 0.39mg (19.48%), Iron: 3.49mg (19.36%), Copper: 0.33mg (16.55%), Vitamin B1: 0.24mg (16.16%), Vitamin B5: 1.45mg (14.47%), Magnesium: 55.29mg (13.82%), Vitamin A: 612.96IU (12.26%), Folate: 40.73µg (10.18%), Calcium: 92.86mg (9.29%), Fiber: 2.13g (8.54%), Vitamin C: 4.36mg (5.28%), Vitamin E: 0.59mg (3.93%), Vitamin K: 1.71µg (1.62%), Vitamin D: 0.16µg (1.07%)