



 14%  
HEALTH SCORE

## Classic Beef Stroganoff

READY IN



510 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds ground beef thick trimmed cut into thin slices ( ½ inch and 3 inches long)
- 2 cups onion chopped
- 1 pound mushrooms white trimmed halved quartered (or , if large)
- 1 pound mushrooms white trimmed halved quartered (or , if large)
- 1 serving coarse mustard
- 2 tablespoons cornstarch
- 0.5 cup cream sour reduced-fat
- 2 tablespoons dijon mustard
- 1 serving egg noodles cooked for serving thin

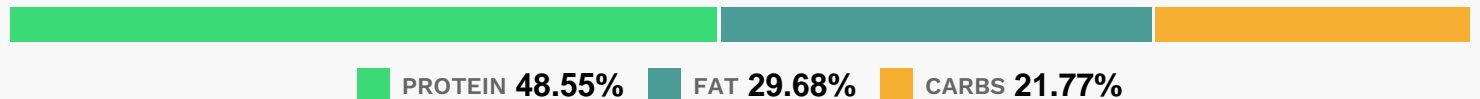
## Equipment

- sauce pan
- ladle
- whisk
- measuring cup
- slow cooker

## Directions

- In a 5- to 6-quart slow cooker, toss beef, onion, and mushrooms with 1 1/2 teaspoons coarse salt and teaspoon pepper. Cover, and cook on low until meat is tender, about 8 hours (or on high for 6 hours).
- In a 2-cup glass measuring cup, whisk cornstarch with 2 tablespoons water. Ladle 1 cup cooking liquid into measuring cup; whisk to combine.
- Pour into a small saucepan, and bring to a boil; cook until thickened, about 1 minute. With slow cooker turned off, stir in cornstarch mixture, then sour cream and mustard.
- Serve beef over noodles; sprinkle with dill, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25.63, Glycemic Load:2.93, Inflammation Score:-4, Nutrition Score:19.859565217391%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 240.8kcal (12.04%), Fat: 7.99g (12.29%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 11.04g (4.01%), Sugar: 4.08g (4.53%), Cholesterol: 78.42mg (26.14%), Sodium: 142.88mg (6.21%), Protein: 29.4g (58.8%), Vitamin B3: 10.45mg (52.24%), Selenium: 35.01µg (50.01%), Vitamin B12: 2.66µg

(44.26%), Zinc: 6.6mg (44%), Vitamin B2: 0.67mg (39.5%), Phosphorus: 356.92mg (35.69%), Vitamin B6: 0.62mg (31.06%), Vitamin B5: 2.52mg (25.16%), Potassium: 852.5mg (24.36%), Copper: 0.48mg (24.02%), Iron: 3.5mg (19.46%), Vitamin B1: 0.17mg (11.6%), Magnesium: 44.98mg (11.25%), Folate: 35.18µg (8.79%), Fiber: 2.15g (8.59%), Manganese: 0.17mg (8.45%), Vitamin C: 5.49mg (6.65%), Calcium: 47.15mg (4.71%), Vitamin E: 0.41mg (2.76%), Vitamin D: 0.38µg (2.53%), Vitamin A: 53.29IU (1.07%)