



Classic Beef Stroganoff

READY IN



38 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef broth flavored (from 32-ounce carton)
- 1.5 pounds sirloin steak
- 0.3 cup butter
- 3 cups egg noodles hot cooked
- 0.3 cup flour all-purpose
- 2.5 cups mushrooms fresh sliced
- 1 garlic clove finely chopped
- 2 medium onion thinly sliced
- 0.5 teaspoon salt

- 1.5 cups cream sour
- 1 teaspoon worcestershire sauce

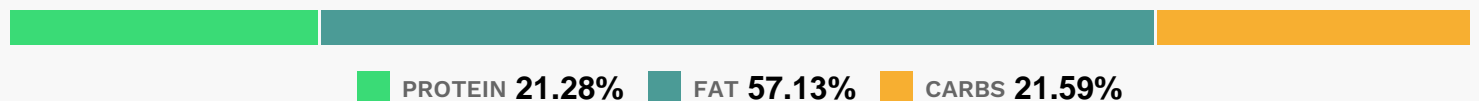
Equipment

- 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



Properties

Glycemic Index:35.67, Glycemic Load:13.55, Inflammation Score:-7, Nutrition Score:19.95652180651%

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: 592.14kcal (29.61%), Fat: 37.59g (57.83%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 29.83g (10.85%), Sugar: 4.75g (5.27%), Cholesterol: 120.63mg (40.21%), Sodium:

605.9mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.02%), Selenium: 46.12µg (65.89%), Vitamin B12: 3.41µg (56.88%), Phosphorus: 363.81mg (36.38%), Vitamin B3: 6.76mg (33.82%), Zinc: 4.74mg (31.63%), Vitamin B2: 0.53mg (31.24%), Vitamin B6: 0.59mg (29.61%), Potassium: 685.4mg (19.58%), Manganese: 0.39mg (19.48%), Iron: 3.48mg (19.35%), Copper: 0.33mg (16.55%), Vitamin B1: 0.24mg (16.19%), Vitamin B5: 1.44mg (14.45%), Vitamin A: 714.92IU (14.3%), Magnesium: 55.39mg (13.85%), Folate: 40.54µg (10.14%), Calcium: 93.43mg (9.34%), Fiber: 2.13g (8.54%), Vitamin C: 4.38mg (5.3%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.16µg (1.07%)