



 **65%**
HEALTH SCORE

Creamy Beef & Mushrooms with Noodles

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth
- 1 lb beef sirloin steak boneless cut into strips (3/)
- 0.5 tsp pepper black
- 1 Tbsp canola oil divided
- 0.5 cup knudsen cream light sour
- 3 cups yolk-free egg noodles whole wheat uncooked
- 0.5 lb mushrooms fresh sliced
- 3 Tbsp garlic minced

- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 2 onions chopped
- 1 Tbsp paprika
- 1 cup peas frozen
- 1 small tomatoes chopped

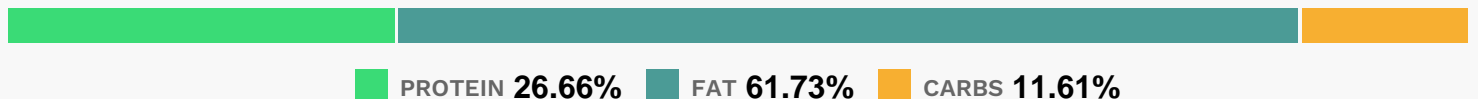
Equipment

- bowl
- frying pan

Directions

- Heat 1-1/2 tsp. oil in large nonstick skillet on medium-high heat.
- Sprinkle meat with pepper.
- Add half the meat to skillet; cook and stir 1 to 2 min. or until evenly browned.
- Transfer to bowl. Repeat with remaining oil and meat.
- Cook noodles as directed on package, omitting salt. Meanwhile, heat Italian dressing in same skillet on medium heat.
- Add next 4 ingredients; cook 12 min. or until vegetables are crisp-tender, stirring occasionally. Stir in broth and peas; simmer 2 min. or just until peas are tender.
- Add meat; cook 1 to 2 min. or until heated through, stirring occasionally. Stir in sour cream until well blended.
- Drain noodles.
- Serve topped with meat mixture and tomatoes.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:53.118260756783%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 921.59kcal (46.08%), Fat: 62.75g (96.54%), Saturated Fat: 21.65g (135.34%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 21.91g (7.97%), Sugar: 9.02g (10.02%), Cholesterol: 2045.27mg (681.76%), Sodium: 498.3mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.98g (121.96%), Selenium: 145.66µg (208.08%), Phosphorus: 1102.74mg (110.27%), Vitamin B2: 1.47mg (86.19%), Vitamin B6: 1.69mg (84.28%), Folate: 333.01µg (83.25%), Vitamin A: 4034.78IU (80.7%), Vitamin B12: 4.79µg (79.91%), Vitamin B5: 7.26mg (72.56%), Vitamin D: 10.01µg (66.75%), Zinc: 9.9mg (66.03%), Vitamin B3: 10.99mg (54.95%), Iron: 8.41mg (46.75%), Vitamin E: 6.73mg (44.86%), Vitamin B1: 0.62mg (41.01%), Calcium: 346.75mg (34.67%), Potassium: 1170.18mg (33.43%), Vitamin C: 25.08mg (30.4%), Manganese: 0.55mg (27.66%), Copper: 0.55mg (27.37%), Vitamin K: 26.27µg (25.02%), Fiber: 4.62g (18.5%), Magnesium: 69.72mg (17.43%)