



Creamy Beef Stroganoff

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz beef broth fat-free reduced-sodium canned
- 1 lb beef sirloin steak boneless cut into thin strips
- 8 oz knudsen cream sour
- 4 cups extra wide egg noodles uncooked
- 8 oz mushroom pieces and stems undrained canned
- 1 Tbsp oil
- 1 onion cut into thin wedges

Equipment

frying pan

Directions

- Cook meat and onions in hot oil in large skillet on medium-high heat 10 min. or until meat is evenly browned, stirring frequently.
- Add broth, mushrooms and noodles; stir. Bring to boil; cover. Simmer on medium-low heat 10 to 12 min. or until noodles are tender.
- Stir in sour cream; cook 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:3.0569565380397%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 61.74kcal (3.09%), Fat: 2.72g (4.19%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.24g (1.54%), Sugar: 0.66g (0.73%), Cholesterol: 17.64mg (5.88%), Sodium: 37.52mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Selenium: 9.65µg (13.79%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 57.42mg (5.74%), Zinc: 0.77mg (5.15%), Vitamin B2: 0.07mg (3.93%), Potassium: 132.59mg (3.79%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.29mg (2.88%), Manganese: 0.05mg (2.7%), Copper: 0.05mg (2.68%), Iron: 0.39mg (2.17%), Magnesium: 8.22mg (2.05%), Vitamin B1: 0.03mg (1.95%), Folate: 5.87µg (1.47%), Calcium: 13.81mg (1.38%), Fiber: 0.31g (1.22%), Vitamin E: 0.17mg (1.15%), Vitamin A: 50.31IU (1.01%)