



Creamy PHILLY Beef Stroganoff

READY IN



50 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 pound beef flank steak
- 0.5 cup philadelphia cream cheese spread
- 340 grams extra wide egg noodles hot cooked
- 1 pound mushrooms fresh sliced
- 0.3 cup parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 284 mL 5%-less-sodium beef broth canned
- 1 tablespoon non-hydrogenated margarine

1 small onion chopped

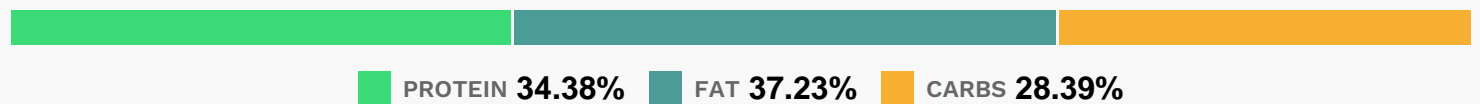
Equipment

frying pan

Directions

- Cook steak in large skillet on high heat 2 min. on each side or until browned on both sides.
- Remove from skillet; cover to keep warm.
- Add margarine and onions to skillet; cook on medium heat 5 min. or until onions are crisp-tender, stirring occasionally. Stir in mushrooms, bay leaves and thyme; cook 10 min., stirring occasionally.
- Add broth; bring to boil. Simmer on low heat 3 min. or until slightly thickened.
- Add cream cheese spread; cook until melted, stirring frequently.
- Remove and discard bay leaves.
- Cut steak across the grain into thin slices.
- Add to skillet; cook 3 to 5 min. or until meat is done. Stir in parsley.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:11.42, Inflammation Score:-8, Nutrition Score:25.952174186707%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 406.65kcal (20.33%), Fat: 16.84g (25.91%), Saturated Fat: 7.32g (45.74%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 26.25g (9.54%), Sugar: 4.24g (4.71%), Cholesterol: 110.28mg (36.76%), Sodium: 369.58mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.99g (69.99%), Selenium: 64.41µg (92.01%), Vitamin K: 62.93µg (59.93%), Vitamin B3: 11.58mg (57.88%), Vitamin B6: 0.87mg (43.52%), Phosphorus: 399.83mg (39.98%), Zinc: 5.57mg (37.11%), Vitamin B2: 0.62mg (36.21%), Potassium: 974.75mg (27.85%), Copper: 0.54mg (27.1%), Vitamin B5: 2.68mg (26.77%), Vitamin B12: 1.16µg (19.29%), Manganese: 0.37mg (18.74%), Iron: 3.2mg (17.79%), Vitamin A: 755.71IU (15.11%), Magnesium: 57.59mg (14.4%), Vitamin B1: 0.21mg (14.06%), Folate: 49.34µg (12.34%), Vitamin C: 9.49mg (11.51%), Fiber: 2.66g (10.63%), Calcium: 84.16mg (8.42%), Vitamin E: 0.62mg (4.17%), Vitamin D: 0.31µg (2.08%)