



## Diane's Beef Stroganoff

READY IN



205 min.

SERVINGS



10

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds beef stew meat cubed
- 0.3 cup butter
- 16 ounce button mushrooms undrained canned
- 0.5 cup flour all-purpose
- 1 large clove garlic minced
- 2 teaspoons ground pepper black
- 0.5 cup catsup
- 2 tablespoons olive oil
- 1 large onion cut into 1/4-inch strips

- 1 teaspoon salt
- 16 ounce cup heavy whipping cream sour
- 1 cup white wine
- 16 ounce wide egg noodles
- 0.5 cup worcestershire sauce

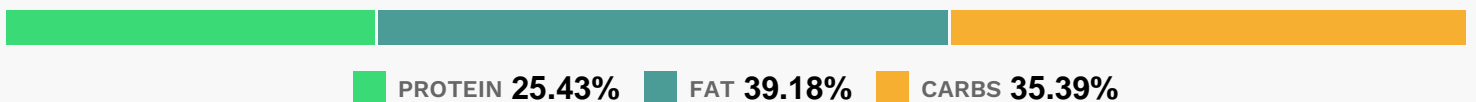
## Equipment

- bowl
- frying pan
- pot
- dutch oven

## Directions

- Heat olive oil and butter in a large, heavy pot or Dutch oven over medium heat.
- Combine flour, salt, and black pepper in a bowl and toss beef stew meat in seasoned flour. Brown the beef in the hot oil and butter, stirring often, and remove meat from pan.
- Pour white wine into pan and scrape up and dissolve any small bits of browned food; stir onion and garlic into white wine. Cook until onion is translucent, stirring often, about 5 minutes. Return browned beef to pan. Stir ketchup, Worcestershire sauce, and juice from canned mushrooms with beef mixture. Reduce heat to low, cover pan, and simmer until beef is tender, about 3 hours.
- Mix button mushrooms and sour cream into beef mixture and heat through, about 5 minutes.
- Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 5 minutes.
- Drain.
- Serve Stroganoff over cooked egg noodles.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:25.619130373001%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

## Nutrients (% of daily need)

Calories: 570.76kcal (28.54%), Fat: 24.1g (37.07%), Saturated Fat: 10.39g (64.95%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 46.47g (16.9%), Sugar: 8.12g (9.02%), Cholesterol: 147.37mg (49.12%), Sodium: 648.1mg (28.18%), Alcohol: 2.47g (100%), Alcohol %: 0.95% (100%), Protein: 35.19g (70.38%), Selenium: 75.54µg (107.92%), Vitamin B3: 10.98mg (54.92%), Vitamin B6: 0.96mg (48.05%), Phosphorus: 455.85mg (45.58%), Zinc: 6.13mg (40.88%), Vitamin B12: 2.35µg (39.21%), Vitamin B2: 0.56mg (32.95%), Manganese: 0.59mg (29.43%), Iron: 4.68mg (25.98%), Potassium: 895.61mg (25.59%), Copper: 0.46mg (22.91%), Vitamin B1: 0.3mg (19.85%), Vitamin B5: 1.82mg (18.15%), Magnesium: 71.64mg (17.91%), Folate: 55.28µg (13.82%), Calcium: 111.5mg (11.15%), Vitamin A: 527.47IU (10.55%), Fiber: 2.52g (10.07%), Vitamin E: 1.42mg (9.45%), Vitamin C: 4.84mg (5.87%), Vitamin K: 5.68µg (5.41%), Vitamin D: 0.23µg (1.51%)