



Dilled Pork Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2.5 teaspoons butter divided
- 1 tablespoon dijon mustard
- 6 ounces extra wide egg noodles uncooked
- 0.5 cup less-sodium chicken broth fat-free
- 1 teaspoon flour all-purpose
- 1 tablespoon optional: dill fresh chopped
- 1 pound pork tenderloin trimmed cut into 1/2-inch strips
- 1 cup heavy whipping cream sour low-fat

- 8 ounce pre mushrooms
- 0.5 teaspoon salt divided
- 2 cups walla walla sweet chopped

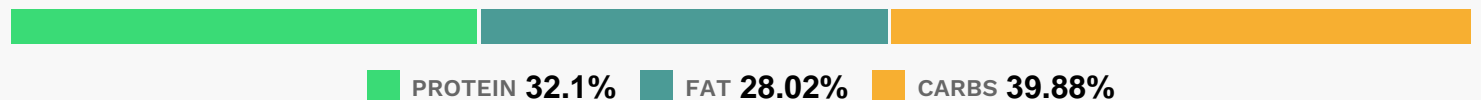
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Sprinkle pork with 1/4 teaspoon salt and pepper. Melt 1 1/2 teaspoons butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add pork; saut 4 minutes or until pork loses its pink color.
- Remove pork from pan; keep warm.
- Add broth to pan; cook 30 seconds.
- Add 1 teaspoon butter, 1/4 teaspoon salt, onion, and mushrooms; cook 8 minutes or until lightly browned.
- Remove from heat.
- Combine sour cream, dill, Dijon mustard, and flour in a small bowl.
- Add pork and sour cream mixture to pan; stir well.
- Serve pork mixture immediately over noodles.
- Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:13.43, Inflammation Score:-7, Nutrition Score:27.326521909755%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 431.18kcal (21.56%), Fat: 13.42g (20.65%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 40.09g (14.58%), Sugar: 6.16g (6.85%), Cholesterol: 136.27mg (45.42%), Sodium: 594.17mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Selenium: 78µg (111.43%), Vitamin B1: 1.32mg (87.94%), Vitamin B6: 1.15mg (57.74%), Vitamin B3: 10.88mg (54.4%), Phosphorus: 502.49mg (50.25%), Vitamin B2: 0.75mg (44.21%), Potassium: 971.5mg (27.76%), Manganese: 0.51mg (25.41%), Zinc: 3.69mg (24.57%), Copper: 0.47mg (23.68%), Vitamin B5: 2.33mg (23.27%), Magnesium: 75.87mg (18.97%), Vitamin B12: 1.03µg (17.13%), Iron: 2.6mg (14.42%), Calcium: 124.59mg (12.46%), Folate: 48.42µg (12.11%), Fiber: 2.9g (11.6%), Vitamin C: 5.65mg (6.85%), Vitamin A: 304.92IU (6.1%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.58µg (3.89%), Vitamin K: 1.22µg (1.16%)