



Easiest-Ever Beef Stroganoff

READY IN



35 min.

SERVINGS



5

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sirloin steak
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons chicken broth
- ☐ 2.5 cups mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 box hawaiian rolls
- ☐ 2.3 cups milk
- ☐ 2 tablespoons cream sour

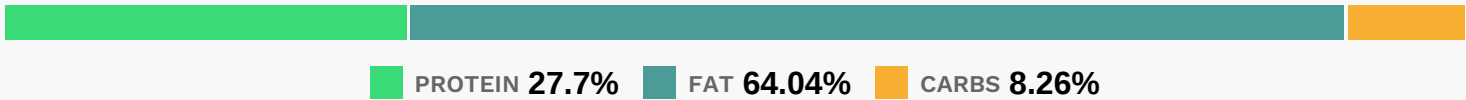
Equipment

☐ frying pan

Directions

- ☐ Cut beef across grain into strips about 1 1/2x1/4 inch.
- ☐ In 12-inch skillet, melt butter over medium heat.
- ☐ Add mushrooms; cook, stirring occasionally, until mushrooms are tender; remove from skillet.
- ☐ In same skillet, cook beef until brown. Stir in milk, sherry, cooked mushrooms, uncooked pasta and sauce mix (from Hamburger Helper box).
- ☐ Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; stir in sour cream.
- ☐ Let stand 5 minutes (sauce will thicken as it stands).
- ☐ Sprinkle with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:2.37, Inflammation Score:-5, Nutrition Score:16.314782578012%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 349.23kcal (17.46%), Fat: 24.85g (38.23%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.45g (7.17%), Cholesterol: 66.93mg (22.31%), Sodium: 197.96mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin B12: 3.15µg (52.57%), Phosphorus: 316.98mg (31.7%), Selenium: 21.78µg (31.11%), Vitamin B2: 0.52mg (30.86%), Vitamin B3: 5.19mg (25.95%), Vitamin K: 26.65µg (25.38%), Zinc: 3.71mg (24.76%), Vitamin B6: 0.47mg (23.3%), Potassium: 617.38mg (17.64%), Calcium: 152.04mg (15.2%), Vitamin B5: 1.44mg (14.39%), Vitamin B1: 0.2mg (13.11%), Vitamin A: 643.15IU (12.86%), Iron:

2.18mg (12.09%), Copper: 0.23mg (11.49%), Magnesium: 37.28mg (9.32%), Vitamin D: 1.3µg (8.69%), Folate: 16.6µg (4.15%), Vitamin C: 3.2mg (3.88%), Vitamin E: 0.35mg (2.36%), Manganese: 0.05mg (2.28%), Fiber: 0.54g (2.15%)