



Easy One-Skillet Stroganoff

READY IN



35 min.

SERVINGS



35

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz knudsen cream light sour
- 3 cups extra wide egg noodles uncooked
- 1 Tbsp parsley fresh chopped
- 0.3 tsp garlic powder
- 8 oz mushroom pieces and stems drained canned
- 1.5 tsp oil
- 1 onion thinly sliced
- 14 oz vegetable broth canned
- 2 cups boca veggie ground crumbles frozen

Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add onions; cook 10 min. or until lightly browned, stirring frequently.
- Add all remaining ingredients except sour cream and parsley; mix well. Bring to boil; cover. Simmer on medium-low heat 10 to 12 min. or until crumbles are cooked through (160F) and noodles are tender, stirring occasionally.
- Remove from heat.
- Stir in sour cream; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:2.0969565115545%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 32.95kcal (1.65%), Fat: 1.25g (1.93%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.39g (1.23%), Sugar: 0.49g (0.54%), Cholesterol: 5mg (1.67%), Sodium: 71.98mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin B12: 0.43µg (7.14%), Vitamin B1: 0.07mg (4.85%), Selenium: 3.39µg (4.84%), Vitamin B3: 0.86mg (4.28%), Phosphorus: 28.52mg (2.85%), Vitamin B6: 0.06mg (2.84%), Vitamin B2: 0.05mg (2.74%), Iron: 0.36mg (1.99%), Vitamin K: 1.98µg (1.89%), Fiber: 0.45g (1.81%), Manganese: 0.04mg (1.77%), Copper: 0.03mg (1.64%), Potassium: 56.61mg (1.62%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.19mg (1.25%), Calcium: 11.36mg (1.14%), Vitamin A: 56.64IU (1.13%)