



Easy Stroganoff

READY IN



30 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce mushrooms sliced canned
- 21.5 ounce cream of mushroom soup canned
- 1 teaspoon garlic minced
- 1 pound ground beef lean
- 10.8 fluid ounces milk
- 1 teaspoon lawry's seasoned salt
- 1 cup cream sour
- 16 ounce extra wide egg noodles
- 1 tablespoon worcestershire sauce

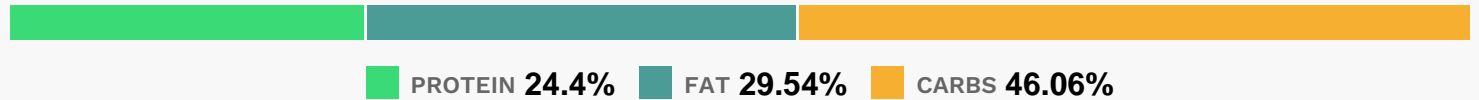
Equipment

- frying pan
- pot

Directions

- In a large, heavy skillet, brown ground beef with Worcestershire sauce, seasoning salt, and garlic.
- Drain well, set aside.
- Cook noodles in a large pot of boiling water until done.
- Drain.
- Return noodles to pot. Gently stir in ground beef, mushrooms, condensed soup and milk.
- Place the pan over low heat, and heat through. Stir in sour cream, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:23.6, Inflammation Score:-5, Nutrition Score:24.723478203234%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 575.9kcal (28.8%), Fat: 18.82g (28.95%), Saturated Fat: 8.68g (54.27%), Carbohydrates: 66.04g (22.01%), Net Carbohydrates: 62.43g (22.7%), Sugar: 6.45g (7.17%), Cholesterol: 144.43mg (48.14%), Sodium: 1403.18mg (61.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.95%), Selenium: 76.79µg (109.7%), Manganese: 1.01mg (50.34%), Phosphorus: 471.39mg (47.14%), Zinc: 7.05mg (46.97%), Vitamin B12: 2.44µg (40.7%), Vitamin B3: 7.37mg (36.86%), Copper: 0.59mg (29.48%), Vitamin B6: 0.58mg (28.88%), Iron: 4.43mg (24.63%), Vitamin B2: 0.4mg (23.55%), Potassium: 774.93mg (22.14%), Magnesium: 83.95mg (20.99%), Vitamin B5: 2mg (20.04%), Vitamin B1: 0.25mg (16.82%), Calcium: 149.54mg (14.95%), Fiber: 3.62g (14.46%), Folate: 39.89µg (9.97%), Vitamin A: 373.8IU (7.48%), Vitamin D: 0.96µg (6.41%), Vitamin E: 0.67mg (4.47%), Vitamin K: 1.38µg (1.31%), Vitamin C: 0.87mg (1.05%)