



Easy Vegetarian Stroganoff

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce mushrooms drained sliced canned
- 21.5 ounce cream of mushroom soup canned
- 1 tablespoon garlic powder
- 1 tablespoon olive oil
- 2 tablespoons onion minced
- 1 cup rolled oats
- 1 tablespoon seasoning salt
- 12 ounce textured vegetable protein

2.5 cups water

Equipment

frying pan

Directions

In a large, heavy skillet over medium heat combine textured vegetable protein, mushroom soup, mushrooms, onion, garlic powder, seasoning salt, water, oats and olive oil. Stir until ingredients are well mixed, oats are moist and soup is dissolved. Reduce heat to low and simmer until thickened, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:8.3108695803777%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 242.23kcal (12.11%), Fat: 4.31g (6.63%), Saturated Fat: 1.28g (8%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 16.01g (5.82%), Sugar: 5.69g (6.32%), Cholesterol: 3.81mg (1.27%), Sodium: 1511.04mg (65.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.58%), Fiber: 8.44g (33.74%), Manganese: 0.63mg (31.5%), Iron: 5.65mg (31.39%), Calcium: 146.62mg (14.66%), Copper: 0.26mg (13.04%), Zinc: 1.4mg (9.36%), Phosphorus: 82.55mg (8.25%), Magnesium: 24.29mg (6.07%), Selenium: 4.05µg (5.79%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.09mg (5.7%), Potassium: 175.89mg (5.03%), Vitamin B5: 0.44mg (4.41%), Vitamin B2: 0.07mg (4%), Vitamin B6: 0.07mg (3.66%), Folate: 12.07µg (3.02%), Vitamin E: 0.3mg (2.03%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.27µg (1.21%)