



Easy Weeknight Beef Stroganoff

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef top sirloin steak boneless cut into 2x1/4-inch strips*
- 2 cloves garlic finely chopped
- 1 cup onion chopped
- 0.8 cup cup heavy whipping cream sour
- 1 teaspoon worcestershire sauce

Equipment

- frying pan
- paper towels

Directions

- In 12-inch nonstick skillet, heat 1 tablespoon vegetable oil over medium-high heat until hot. Cook beef in oil 6 to 8 minutes, stirring frequently, until no longer pink.
- Remove beef from skillet; drain. Wipe out skillet with paper towel. In same skillet, heat 1 teaspoon vegetable oil over medium heat.
- Add onion and garlic to skillet; cook 3 to 5 minutes, stirring occasionally, until onion is almost tender.
- Stir in cooking sauce, Worcestershire sauce, 3/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat to boiling, stirring occasionally. Simmer uncovered 6 to 8 minutes, stirring occasionally, until slightly thickened.
- Stir in sour cream until well blended; stir in beef.
- Heat just until hot.
- Serve over noodles.

Nutrition Facts

PROTEIN 54.49% **FAT 38.69%** **CARBS 6.82%**

Properties

Glycemic Index:7.13, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:12.536087015401%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 196.4kcal (9.82%), Fat: 8.22g (12.65%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.9g (1.06%), Sugar: 1.67g (1.85%), Cholesterol: 79.63mg (26.54%), Sodium: 80.86mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.1%), Selenium: 35.93µg (51.34%), Vitamin B6: 0.75mg (37.71%), Vitamin B3: 7.39mg (36.95%), Zinc: 4.65mg (31.01%), Phosphorus: 263.05mg (26.31%), Vitamin B12: 1.11µg (18.52%), Potassium: 469.99mg (13.43%), Iron: 1.94mg (10.75%), Vitamin B2: 0.18mg (10.56%), Vitamin B5: 0.84mg (8.43%), Magnesium: 30.52mg (7.63%), Vitamin B1: 0.1mg (6.71%), Calcium: 53.49mg (5.35%), Copper: 0.1mg (5.14%), Folate: 19.92µg (4.98%), Vitamin A: 135.39IU (2.71%), Vitamin E: 0.4mg (2.7%), Manganese: 0.05mg (2.66%), Vitamin C: 2.01mg (2.43%), Vitamin K: 1.67µg (1.59%), Fiber: 0.36g (1.42%)