



## Eggplant Stroganoff

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

### Ingredients

- 2 tbsp butter
- 0.3 cup crème fraîche sour
- 12 ounces cremini mushrooms sliced
- 12 ounces extra wide egg noodles
- 12 oz eggplant cut into 1-in. cubes
- 2 tablespoons flat-leaf parsley chopped
- 3 tablespoons flour
- 1 cup milk

- 0.3 teaspoon nutmeg
- 2 tbsp olive oil
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1.8 cups vegetable broth

## Equipment

- bowl
- pot

## Directions

- Cook noodles in a large pot as package directs.
- Transfer to a wide, shallow bowl.
- Meanwhile, in a large wide pot over high heat, cook mushrooms, onion, and eggplant in 2 tbsp. each butter and oil, stirring often, until softened, about 5 minutes, adding a little more oil if needed.
- Stir in salt, pepper, and flour and cook 1 minute.
- Add broth and milk, reduce heat, and simmer 5 minutes.
- Put sour cream and nutmeg in a bowl. Stir in hot broth mixture 1/4 cup at a time, then return to pot. Spoon eggplant sauce over noodles and sprinkle with parsley.

## Nutrition Facts



**PROTEIN 12.37%** **FAT 32.56%** **CARBS 55.07%**

## Properties

Glycemic Index:73.83, Glycemic Load:21.24, Inflammation Score:-7, Nutrition Score:19.216956698376%

## Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg  
Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin:  
0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin:  
5.44mg

## **Nutrients (% of daily need)**

Calories: 392.02kcal (19.6%), Fat: 14.45g (22.23%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 54.99g (18.33%),  
Net Carbohydrates: 50.42g (18.33%), Sugar: 8.09g (8.99%), Cholesterol: 68.34mg (22.78%), Sodium: 729.08mg  
(31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Selenium: 62.18µg (88.83%), Manganese:  
0.79mg (39.31%), Phosphorus: 280.78mg (28.08%), Vitamin K: 27.93µg (26.6%), Vitamin B2: 0.45mg (26.53%),  
Copper: 0.52mg (26.06%), Vitamin B3: 4.04mg (20.2%), Potassium: 649.28mg (18.55%), Fiber: 4.57g (18.28%),  
Vitamin B5: 1.77mg (17.73%), Vitamin B1: 0.24mg (16.04%), Vitamin B6: 0.3mg (14.84%), Folate: 57.86µg (14.46%),  
Magnesium: 56.47mg (14.12%), Zinc: 2.1mg (13.98%), Vitamin A: 551.91IU (11.04%), Calcium: 105.7mg (10.57%), Iron:  
1.8mg (10.02%), Vitamin E: 1.24mg (8.29%), Vitamin B12: 0.47µg (7.81%), Vitamin C: 5.08mg (6.16%), Vitamin D:  
0.67µg (4.49%)