



Elegant Beef Stroganoff

READY IN



105 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 10 ounce beef broth canned
- ☐ 2 cups mushrooms canned sliced
- ☐ 2 cups noodles hot cooked
- ☐ 0.3 cup cream cheese
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 small onion diced

- ☐ 1 teaspoon paprika
- ☐ 2 teaspoons pepper flakes red
- ☐ 0.5 cup red wine
- ☐ 1 teaspoon salt
- ☐ 2 pounds rump steak cut into 1 x 1 1/2-inch strips
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon mustard yellow prepared

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Mix steak and red wine together in a bowl; set aside to marinate for 15 to 30 minutes.
- ☐ Combine flour, salt, paprika, and black pepper together in a resealable plastic bag.
- ☐ Remove steak from marinade, reserving red wine for later use; add steak to flour mixture and shake to coat.
- ☐ Melt butter in a large skillet over medium-high heat; cook and stir steak, onion, and garlic until steak is browned and onion is softened and translucent, 10 to 15 minutes.
- ☐ Stir mushrooms, beef broth, water, reserved red wine marinade, Worcestershire sauce, red pepper flakes, and mustard into steak mixture until well mixed; bring to a boil. Reduce heat, cover skillet, and simmer until steak is very tender, about 1 hour.
- ☐ Stir cream cheese and sour cream into steak mixture; cook and stir until warmed, 2 to 3 minutes.
- ☐ Serve over cooked noodles.

Nutrition Facts



 PROTEIN **25.59%**  FAT **58.37%**  CARBS **16.04%**

Properties

Glycemic Index:58.58, Glycemic Load:9.08, Inflammation Score:-7, Nutrition Score:20.923913134181%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 599.89kcal (29.99%), Fat: 37.76g (58.09%), Saturated Fat: 17.97g (112.31%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 20.58g (7.49%), Sugar: 3.38g (3.75%), Cholesterol: 125.28mg (41.76%), Sodium: 1030.57mg (44.81%), Alcohol: 2.12g (100%), Alcohol %: 0.69% (100%), Protein: 37.24g (74.49%), Vitamin B12: 4.31µg (71.78%), Selenium: 41.94µg (59.92%), Zinc: 5.81mg (38.72%), Phosphorus: 373.55mg (37.36%), Vitamin B3: 7.38mg (36.91%), Vitamin B6: 0.71mg (35.56%), Iron: 4.81mg (26.71%), Vitamin B2: 0.41mg (23.89%), Potassium: 712.75mg (20.36%), Vitamin B1: 0.27mg (17.79%), Manganese: 0.34mg (17.12%), Vitamin A: 851.69IU (17.03%), Copper: 0.33mg (16.26%), Magnesium: 56.57mg (14.14%), Vitamin B5: 1.14mg (11.4%), Fiber: 2.75g (11%), Folate: 33.84µg (8.46%), Calcium: 63.65mg (6.36%), Vitamin E: 0.77mg (5.13%), Vitamin K: 2.57µg (2.45%), Vitamin C: 1.83mg (2.21%)