



Family Stroganoff Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups green beans fresh frozen green giant®
- ☐ 1 tablespoon catsup
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup milk
- ☐ 4 oz mushrooms green drained giant® canned
- ☐ 1 small onion chopped
- ☐ 4.5 oz potatoes betty crocker®

- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons tomatoes chopped
- ☐ 1.8 cups water boiling

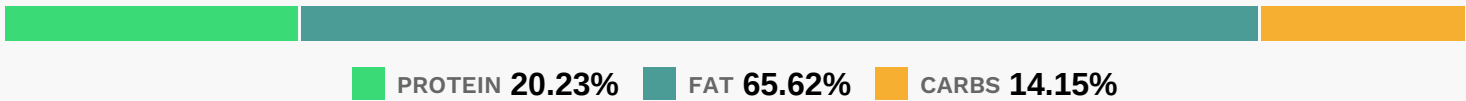
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In 10-inch nonstick skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Remove beef from skillet; set aside.
- ☐ In skillet, stir sauce mix, water, milk and butter with whisk until blended. Stir in potatoes.
- ☐ Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 20 minutes, stirring occasionally. Stir in green beans. Cover and simmer 10 to 15 minutes longer or until potatoes are tender.
- ☐ Stir in cooked ground beef, mushrooms, sour cream and ketchup. Cover; cook over medium heat until thoroughly heated.
- ☐ Garnish with tomatoes.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:6.88, Inflammation Score:-7, Nutrition Score:20.533913239189%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 491.85kcal (24.59%), Fat: 36.13g (55.58%), Saturated Fat: 13.97g (87.3%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 14.65g (5.33%), Sugar: 8.25g (9.17%), Cholesterol: 104.8mg (34.93%), Sodium: 220.97mg (9.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Vitamin B12: 2.83µg (47.25%), Zinc: 5.52mg (36.77%), Vitamin B3: 6.77mg (33.83%), Phosphorus: 335.52mg (33.55%), Vitamin B6: 0.65mg (32.49%), Selenium: 22.41µg (32.01%), Vitamin B2: 0.5mg (29.21%), Vitamin K: 27.68µg (26.36%), Potassium: 830.63mg (23.73%), Vitamin A: 989.63IU (19.79%), Vitamin C: 16.32mg (19.79%), Iron: 3.25mg (18.04%), Calcium: 160.04mg (16%), Vitamin B5: 1.57mg (15.72%), Magnesium: 57.41mg (14.35%), Copper: 0.27mg (13.42%), Vitamin B1: 0.19mg (12.94%), Manganese: 0.23mg (11.63%), Fiber: 2.87g (11.47%), Folate: 42.58µg (10.64%), Vitamin E: 1.15mg (7.68%), Vitamin D: 0.84µg (5.61%)