



French Onion-Beef-Noodle Bake

READY IN



70 min.

SERVINGS



8

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz extra wide egg noodles uncooked
- ☐ 3 tablespoons butter
- ☐ 2 lb beef top sirloin steaks boneless cut into 1-inch cubes
- ☐ 4 cups onion thinly sliced
- ☐ 2 cups mushrooms fresh sliced
- ☐ 3 cups beef broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon pepper
- ☐ 4 oz croutons
- ☐ 8 oz swiss cheese shredded

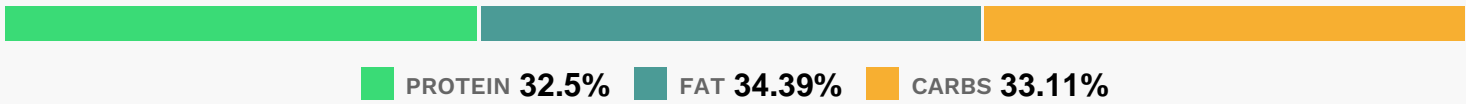
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Cook and drain noodles as directed on package.
- ☐ Meanwhile, in 5-quart Dutch oven, melt butter over medium-high heat.
- ☐ Add beef, onions and mushrooms; cook about 20 minutes, stirring frequently, until beef is browned on all sides, onions are soft and mushrooms are browned.
- ☐ Spread noodles in bottom of ungreased 13x9-inch (3-quart) glass baking dish. Spoon beef mixture over noodles.
- ☐ In same Dutch oven, heat 2 1/2 cups of the broth to boiling over medium-high heat. In small bowl, mix remaining 1/2 cup broth and the flour until smooth. Stir flour mixture into boiling broth. Cook, stirring constantly, until bubbly and thickened. Stir in rosemary, salt and pepper.
- ☐ Pour over beef mixture; stir until well blended.
- ☐ Sprinkle with croutons, then cheese.
- ☐ Bake 25 to 35 minutes or until bubbly around edges and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:19.58, Inflammation Score:-7, Nutrition Score:25.599130459454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 518.2kcal (25.91%), Fat: 19.63g (30.2%), Saturated Fat: 8.22g (51.39%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 39.09g (14.21%), Sugar: 4.41g (4.9%), Cholesterol: 117.08mg (39.03%), Sodium: 900.37mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.73g (83.47%), Selenium: 75.71µg (108.16%), Phosphorus: 547.99mg (54.8%), Vitamin B3: 10.62mg (53.08%), Vitamin B6: 0.93mg (46.5%), Zinc: 6.74mg (44.92%), Vitamin B12: 2.08µg (34.7%), Calcium: 326.08mg (32.61%), Vitamin B2: 0.44mg (26.16%), Manganese: 0.51mg (25.51%), Potassium: 763.32mg (21.81%), Vitamin B1: 0.31mg (20.95%), Iron: 3.63mg (20.18%), Folate: 72.59µg (18.15%), Magnesium: 69.71mg (17.43%), Vitamin B5: 1.68mg (16.83%), Copper: 0.32mg (16.24%), Fiber: 3.43g (13.73%), Vitamin A: 444.03IU (8.88%), Vitamin C: 6.44mg (7.81%), Vitamin E: 0.78mg (5.19%), Vitamin K: 2.53µg (2.41%)