



## Ground Beef Stroganoff

READY IN



14 min.

SERVINGS



5

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce gravy fat-free
- 8 ounce carton cream fat-free sour
- 8 ounce mushrooms fresh sliced
- 0.3 teaspoon garlic salt
- 3 green onions sliced chopped
- 1 pound ground round
- 0.3 teaspoon pepper freshly ground
- 8 ounces wide egg noodles uncooked

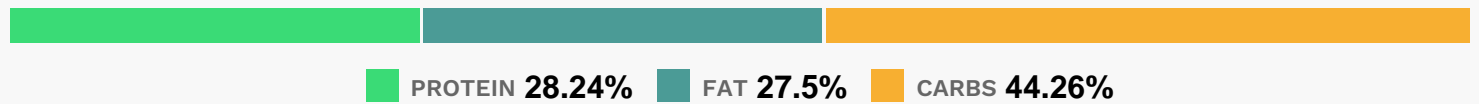
# Equipment

frying pan

# Directions

- Prepare noodles according to package directions, omitting salt and fat.
- While noodles cook, cook meat, green onions and mushrooms in a large nonstick skillet until meat is browned, stirring until it crumbles; drain.
- Return meat mixture to skillet; add gravy and next 3 ingredients, stirring well. Cook over medium heat 3 to 5 minutes or until thoroughly heated. Stir in sherry, if desired.
- Serve over drained noodles.

# Nutrition Facts



# Properties

Glycemic Index:28, Glycemic Load:14.02, Inflammation Score:-4, Nutrition Score:19.713912943135%

# Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

# Nutrients (% of daily need)

Calories: 408.52kcal (20.43%), Fat: 12.41g (19.09%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 42.77g (15.55%), Sugar: 3.25g (3.61%), Cholesterol: 106.59mg (35.53%), Sodium: 564.69mg (24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Selenium: 57.47µg (82.1%), Vitamin B12: 2.29µg (38.18%), Zinc: 5.71mg (38.06%), Vitamin B3: 7.26mg (36.31%), Phosphorus: 361.16mg (36.12%), Vitamin B2: 0.44mg (25.8%), Vitamin B6: 0.49mg (24.68%), Manganese: 0.44mg (22.14%), Iron: 3.24mg (17.99%), Copper: 0.36mg (17.95%), Potassium: 625.86mg (17.88%), Vitamin B5: 1.64mg (16.39%), Vitamin K: 16.02µg (15.26%), Magnesium: 54.68mg (13.67%), Vitamin B1: 0.17mg (11.61%), Calcium: 90.52mg (9.05%), Folate: 35.92µg (8.98%), Fiber: 2.16g (8.65%), Vitamin A: 216.12IU (4.32%), Vitamin E: 0.5mg (3.36%), Vitamin C: 2.31mg (2.8%), Vitamin D: 0.32µg (2.12%)