



Halibut Stroganoff

READY IN



40 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 8 ounce extra wide egg noodles
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound halibut flaked cooked

- ☐ 0.5 onion minced
- ☐ 1 cup reduced fat cream sour
- ☐ 1 teaspoon salt

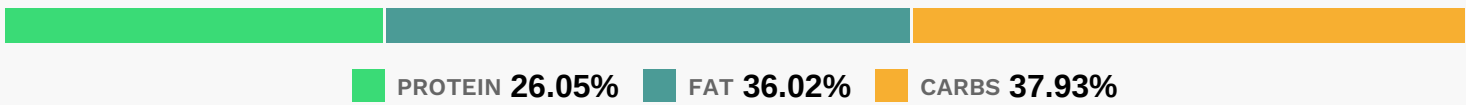
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot of salted water boil egg noodles until al dente.
- ☐ Drain well.
- ☐ In a large saucepan over medium-high heat saute butter, onion, and garlic until onions are soft.
- ☐ Add flour and mushrooms. Cook 5 minutes.
- ☐ Add mushroom soup to saucepan, simmer uncovered 10 minutes.
- ☐ Add cooked halibut and stir in sour cream.
- ☐ Heat through. Season with salt and pepper.
- ☐ Serve sauce over egg noodles, sprinkle parsley on top.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:20.18, Inflammation Score:-7, Nutrition Score:31.206521925719%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 593.07kcal (29.65%), Fat: 23.91g (36.79%), Saturated Fat: 13.07g (81.72%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 53.04g (19.29%), Sugar: 4.06g (4.51%), Cholesterol: 157.63mg (52.54%), Sodium: 1357.07mg (59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.9g (77.81%), Selenium: 110.25µg (157.5%), Vitamin B3: 13.66mg (68.32%), Phosphorus: 578.28mg (57.83%), Vitamin B6: 0.93mg (46.38%), Manganese: 0.84mg (42.25%), Vitamin B2: 0.69mg (40.3%), Vitamin D: 5.84µg (38.94%), Copper: 0.73mg (36.68%), Potassium: 1252.72mg (35.79%), Vitamin K: 34.64µg (32.99%), Vitamin B12: 1.84µg (30.74%), Vitamin B5: 2.81mg (28.08%), Zinc: 3.3mg (22.03%), Vitamin B1: 0.32mg (21.49%), Magnesium: 84.11mg (21.03%), Folate: 74.04µg (18.51%), Vitamin A: 823.71IU (16.47%), Iron: 2.76mg (15.31%), Fiber: 3.61g (14.43%), Calcium: 126.26mg (12.63%), Vitamin E: 1.44mg (9.58%), Vitamin C: 6.58mg (7.97%)