



Hamburger Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 8 ounce crimini mushrooms
- ☐ 1 tablespoon sherry dry
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.3 teaspoons kosher salt
- ☐ 1 pound ground beef lean

- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 0.8 cup cream sour reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion

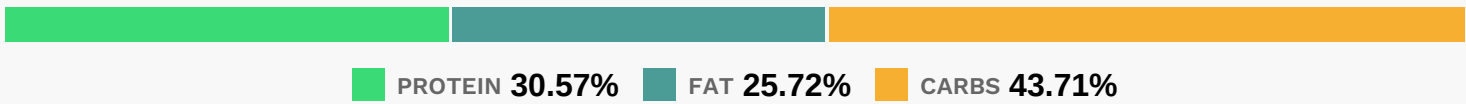
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add beef to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Add onion, garlic, and mushrooms to pan; cook 4 minutes or until most of liquid evaporates, stirring frequently.
- ☐ Sprinkle with flour; cook 1 minute, stirring constantly. Stir in broth; bring to a boil. Reduce heat, and simmer 1 minute or until slightly thick. Stir in salt and pepper.
- ☐ Remove from heat. Stir in sour cream and sherry.
- ☐ Serve over pasta.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:19.683912862902%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin:

4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 328.41kcal (16.42%), Fat: 9.28g (14.28%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 33.41g (12.15%), Sugar: 2.61g (2.9%), Cholesterol: 88.69mg (29.56%), Sodium: 644.3mg (28.01%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 24.83g (49.65%), Selenium: 54.77µg (78.24%), Zinc: 5.23mg (34.88%), Vitamin B3: 6.62mg (33.09%), Vitamin B12: 1.96µg (32.69%), Vitamin K: 33.97µg (32.35%), Phosphorus: 319.94mg (31.99%), Vitamin B6: 0.47mg (23.6%), Vitamin B2: 0.4mg (23.43%), Manganese: 0.46mg (23.12%), Potassium: 722.56mg (20.64%), Copper: 0.38mg (19.23%), Iron: 3.02mg (16.76%), Vitamin B5: 1.46mg (14.55%), Magnesium: 49.59mg (12.4%), Vitamin B1: 0.18mg (11.87%), Folate: 40.09µg (10.02%), Fiber: 2.09g (8.36%), Calcium: 78.87mg (7.89%), Vitamin C: 5.15mg (6.24%), Vitamin A: 287.05IU (5.74%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.28µg (1.9%)