

# Hamburger Stroganoff

READY IN



30 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds ground beef 90% lean ( )
- 1 tablespoon butter melted
- 10 ounces cream of chicken soup undiluted canned
- 2 tablespoons flour all-purpose
- 6 servings parsley fresh chopped
- 1 garlic clove minced
- 4 ounces mushrooms drained canned
- 0.5 cup onion chopped
- 0.3 teaspoon pepper

- 2 teaspoons poppy seeds
- 0.5 teaspoon salt
- 8 ounces cream sour
- 8 ounces extra wide egg noodles cooked drained

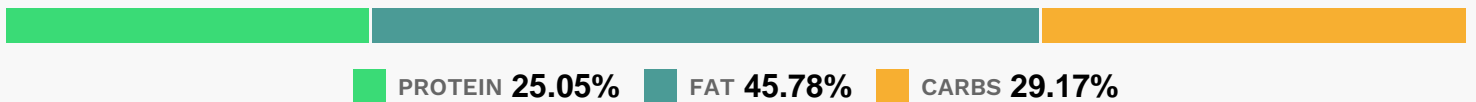
## Equipment

- frying pan

## Directions

- In a large skillet, cook ground beef in onion and butter until the beef is no longer pink. Stir in the flour, salt, garlic, pepper and mushrooms. Cook for 5 minutes, stirring constantly. Stir in soup; bring to a boil, stirring constantly.
- Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally. Stir in sour cream; heat through, but do not boil.
- Meanwhile, combine the noodles, poppy seed and butter; toss lightly.
- Serve stroganoff with noodles.
- Garnish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:61.67, Glycemic Load:14.65, Inflammation Score:-7, Nutrition Score:23.859999853632%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 505.06kcal (25.25%), Fat: 25.52g (39.27%), Saturated Fat: 10.94g (68.36%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 34.51g (12.55%), Sugar: 3.27g (3.64%), Cholesterol: 136.56mg (45.52%), Sodium: 639.11mg (27.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.85%), Selenium: 53.82µg (76.88%), Vitamin K: 69.57µg (66.26%), Vitamin B12: 2.71µg (45.11%), Zinc: 6.69mg (44.59%), Vitamin B3: 7.68mg (38.39%), Phosphorus: 378.42mg (37.84%), Vitamin B6: 0.56mg (28.25%), Manganese: 0.51mg (25.35%), Iron: 4.39mg (24.38%), Vitamin B2: 0.39mg (23.21%), Potassium: 641.94mg (18.34%), Copper: 0.36mg (17.75%), Vitamin B5: 1.57mg (15.73%), Magnesium: 59.65mg (14.91%), Vitamin A: 740.96IU (14.82%), Vitamin B1: 0.18mg (11.99%), Calcium: 97.49mg (9.75%), Folate: 38.3µg (9.57%), Vitamin C: 7.26mg (8.8%), Fiber: 2.09g (8.36%), Vitamin E: 1.01mg (6.74%), Vitamin D: 0.26µg (1.76%)