



## Hamburger Stroganoff Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 cups extra wide egg noodles uncooked
- 1 lb ground beef lean
- 3.5 cups mushrooms fresh whole halved
- 2 garlic clove minced
- 2 gravy
- 0.3 teaspoon pepper
- 2.5 cups water
- 8 oz cream sour
- 0.5 teaspoon nutmeg

0.3 cup parsley fresh chopped

## Equipment

frying pan

oven

## Directions

- Heat oven to 375°F. Spray 3-quart casserole with nonstick cooking spray. Cook egg noodles as directed on package.
- Drain; cover to keep warm.
- Meanwhile, in 12-inch nonstick skillet, cook ground beef, mushrooms and garlic over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently.
- Drain; remove beef mixture from skillet.
- In same skillet, combine gravy mix, pepper and water; mix well. Cook over medium-high heat for 3 to 5 minutes or until bubbly and thickened, stirring constantly.
- Remove from heat. Stir in sour cream and nutmeg.
- Add cooked noodles and beef mixture to gravy; stir to combine. Spoon mixture into sprayed casserole; cover.
- Bake at 375°F. for 30 to 40 minutes or until bubbly and thoroughly heated.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:17.854347819867%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 291.63kcal (14.58%), Fat: 12.52g (19.26%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 20.72g (7.53%), Sugar: 2.96g (3.29%), Cholesterol: 90.48mg (30.16%), Sodium: 77.8mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.17%), Selenium: 39.87µg (56.96%), Vitamin K: 42.07µg (40.07%), Vitamin B3: 6.78mg (33.93%), Zinc: 4.8mg (32.02%), Vitamin B12: 1.87µg (31.14%), Phosphorus: 291.09mg (29.11%), Vitamin B2: 0.44mg (25.7%), Vitamin B6: 0.44mg (22%), Copper: 0.34mg (17.18%), Vitamin B5: 1.7mg (16.99%), Potassium: 568.27mg (16.24%), Iron: 2.77mg (15.4%), Manganese: 0.29mg (14.54%), Magnesium: 43.08mg (10.77%), Vitamin A: 462.51IU (9.25%), Vitamin B1: 0.13mg (8.79%), Folate: 26.89µg (6.72%), Calcium: 64.42mg (6.44%), Vitamin C: 5.16mg (6.25%), Fiber: 1.56g (6.22%), Vitamin E: 0.48mg (3.17%), Vitamin D: 0.26µg (1.76%)