Healthier Beef Stroganoff III

READY IN	SERVINGS	CALORIES
95 min.	8	279 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 pounds beef chuck
- [ ] 1.3 cups beef stock divided reduced-sodium
- [ ] 2 tablespoons butter divided
- [ ] 0.3 cup flour all-purpose
- [ ] 4 green onions sliced (white and green parts)
- [ ] 0.5 teaspoon ground pepper black
- [ ] 8 servings salt and ground pepper black to taste
- [ ] 1 teaspoon mustard prepared
- [ ] 0.5 teaspoon salt

- [ ] 0.3 cup cup heavy whipping cream light sour
- [ ] 0.5 pound mushrooms white sliced
- [ ] 0.3 cup white wine

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] whisk

Directions

- [ ] Remove any fat and gristle from the roast and cut into strips 1/2-inch thick by 2-inches long. Season with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- [ ] Melt 1 tablespoon butter in a large skillet over medium heat.
- [ ] Add mushrooms and green onions and cook, stirring occasionally, until mushrooms are browned, about 6 minutes.
- [ ] Remove to a bowl and add 1 tablespoon butter to the skillet. Cook and stir one half the beef strips until browned, about 5 minutes, then remove to a bowl. Repeat with the remaining butter and beef strips.
- [ ] Pour wine into the hot skillet and deglaze the pan, scraping up any browned bits.
- [ ] Combine flour and 1/4 cup beef broth in a jar with a tightly fitting lid and shake until combined. Stir into the skillet, whisking until smooth. Stir in the remaining broth and mustard, then return the beef to the pan. Bring to a simmer. Cover and simmer until the meat is tender, about 1 hour.
- [ ] Stir in the prepared mushrooms and the sour cream five minutes before serving.
- [ ] Heat briefly and season with salt and pepper.

Nutrition Facts

PROTEIN **35.4%** FAT **55.98%** CARBS **8.62%**

Properties

Glycemic Index:37.5, Glycemic Load:2.52, Inflammation Score:-3, Nutrition Score:16.130869658097%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 278.64kcal (13.93%), Fat: 17.08g (26.28%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.29g (1.92%), Sugar: 1.04g (1.16%), Cholesterol: 89.12mg (29.71%), Sodium: 351.78mg (15.29%), Alcohol: 1.03g (100%), Alcohol %: 0.61% (100%), Protein: 24.3g (48.6%), Zinc: 8.86mg (59.06%), Vitamin B12: 3.15µg (52.56%), Selenium: 28.37µg (40.53%), Vitamin B3: 6.54mg (32.7%), Phosphorus: 267.24mg (26.72%), Vitamin B6: 0.5mg (24.9%), Vitamin B2: 0.35mg (20.68%), Potassium: 588.96mg (16.83%), Iron: 2.94mg (16.33%), Vitamin K: 14.88µg (14.17%), Vitamin B5: 1.16mg (11.56%), Vitamin B1: 0.15mg (10.01%), Copper: 0.19mg (9.71%), Magnesium: 31.5mg (7.87%), Folate: 21.3µg (5.33%), Manganese: 0.1mg (5.21%), Calcium: 44.77mg (4.48%), Vitamin A: 195.13IU (3.9%), Fiber: 0.63g (2.52%), Vitamin E: 0.37mg (2.48%), Vitamin C: 1.81mg (2.2%), Vitamin D: 0.19µg (1.26%)