



Hungarian Goulash

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 0.8 pound boned beef top sirloin
- ☐ 1 tablespoon cornstarch
- ☐ 8 ounces extra wide egg noodles dried
- ☐ 0.3 pound thin- mushrooms
- ☐ 1 cup nonfat sour low-fat
- ☐ 0.5 lb onion thinly sliced
- ☐ 2 tablespoons domestic paprika
- ☐ 2 tablespoons parsley chopped

☐ 4 servings salt and pepper

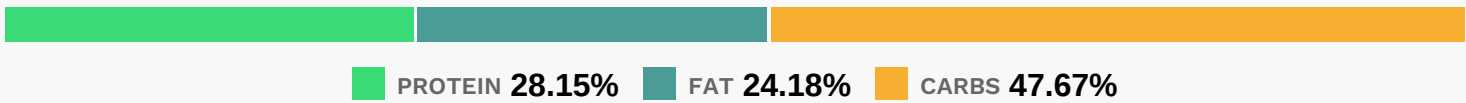
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim and discard fat from beef.
- ☐ Cut the meat across the grain into 1/8-inch-thick slices.
- ☐ Place a 12- to 13-inch nonstick frying pan over high heat. When pan is hot, add beef and stir-fry until meat is lightly browned, 2 to 3 minutes.
- ☐ Pour into a bowl.
- ☐ Add mushrooms to pan and stir often until browned, 3 to 4 minutes.
- ☐ Add to beef.
- ☐ Add onion to pan and stir until lightly browned, about 2 minutes. Reduce heat to medium and stir paprika into onion.
- ☐ Meanwhile, cook noodles in about 3 quarts boiling water until barely tender to bite, 4 to 5 minutes.
- ☐ Drain and place on a large platter; keep warm.
- ☐ Mix broth and cornstarch; add to onion mixture and stir just until mixture boils, about 2 minutes.
- ☐ Return beef and mushrooms to pan and stir until hot, about 1 1/2 minutes.
- ☐ Add sour cream and stir just until hot, about 1 minute.
- ☐ Spoon meat mixture over hot noodles.
- ☐ Sprinkle with chopped parsley and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:18.41, Inflammation Score:-7, Nutrition Score:23.64173913002%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 446.6kcal (22.33%), Fat: 11.94g (18.37%), Saturated Fat: 5.69g (35.53%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 49.67g (18.06%), Sugar: 4.37g (4.86%), Cholesterol: 117.93mg (39.31%), Sodium: 529.42mg (23.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Selenium: 76.06µg (108.66%), Vitamin B3: 8.36mg (41.81%), Phosphorus: 408.17mg (40.82%), Vitamin B6: 0.79mg (39.35%), Zinc: 5.06mg (33.71%), Vitamin K: 34.76µg (33.11%), Manganese: 0.6mg (29.83%), Potassium: 790.19mg (22.58%), Vitamin B2: 0.37mg (21.76%), Vitamin B12: 1.26µg (20.98%), Copper: 0.36mg (18.01%), Magnesium: 69.24mg (17.31%), Vitamin C: 13.92mg (16.87%), Iron: 3mg (16.69%), Vitamin B5: 1.6mg (16.02%), Vitamin B1: 0.24mg (15.84%), Calcium: 140.37mg (14.04%), Folate: 55.8µg (13.95%), Fiber: 3.3g (13.2%), Vitamin A: 538.96IU (10.78%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.34µg (2.28%)