



Hungarian Goulash

READY IN



88 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bacon finely chopped
- ☐ 0.8 cup beer
- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon caraway seeds crushed
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 garlic clove crushed

- ☐ 1 teaspoon kosher salt divided
- ☐ 2 cups onion coarsely chopped
- ☐ 1 tablespoon paprika
- ☐ 1 pound pork tenderloin cut into 1-inch pieces
- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 1 cup tomatoes seeded chopped
- ☐ 1.8 cups water divided
- ☐ 3 hungarian wax chiles seeded cut into 1-inch pieces

Equipment

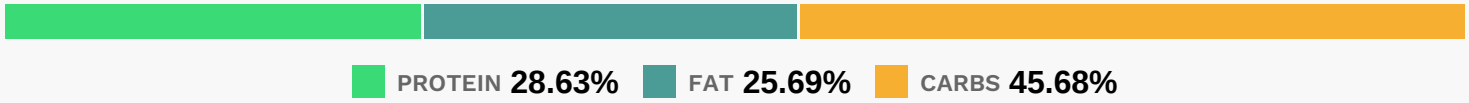
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place garlic in a small bowl; mash with the back of a spoon to form a paste.
- ☐ Add 1/4 teaspoon salt, caraway seeds, and 1/8 teaspoon black pepper.
- ☐ Heat a large Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Combine 1/4 teaspoon salt, remaining 1/8 teaspoon black pepper, and pork in a medium bowl; toss.
- ☐ Add pork to pan; saut 6 minutes, browning on all sides.
- ☐ Remove pork from pan.
- ☐ Reduce heat to medium-high; return pan to heat.
- ☐ Add onion and bacon; saut 7 minutes or until bacon is done, stirring frequently. Stir in garlic mixture; cook for 1 minute, stirring constantly.
- ☐ Add 1 1/2 cups water, tomato, paprika, and beer; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally. Stir in red pepper and chiles; simmer 15 minutes.
- ☐ Add pork to pan; simmer 15 minutes, stirring occasionally.

- ☐ Combine remaining 1/4 cup water and flour in a small bowl; stir with a whisk. Stir flour mixture and remaining 1/2 teaspoon salt into pork mixture. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Combine noodles and butter in a medium bowl, stirring until butter melts.
- ☐ Place 1 cup noodles in each of 4 shallow bowls; top with 1 cup pork mixture. Top each serving with about 2 teaspoons sour cream.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:87.88, Glycemic Load:21.31, Inflammation Score:-9, Nutrition Score:28.060434642045%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 494.58kcal (24.73%), Fat: 13.73g (21.12%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 50.45g (18.34%), Sugar: 5.95g (6.61%), Cholesterol: 137.8mg (45.93%), Sodium: 736.32mg (32.01%), Alcohol: 1.73g (100%), Alcohol %: 0.47% (100%), Protein: 34.43g (68.86%), Selenium: 82.38µg (117.69%), Vitamin B1: 1.31mg (87.34%), Vitamin B6: 1.2mg (60.23%), Vitamin B3: 9.82mg (49.09%), Phosphorus: 476.91mg (47.69%), Manganese: 0.73mg (36.56%), Vitamin B2: 0.53mg (31.25%), Vitamin A: 1376.57IU (27.53%), Potassium: 874.62mg (24.99%), Zinc: 3.64mg (24.25%), Magnesium: 85.49mg (21.37%), Copper: 0.37mg (18.39%), Fiber: 4.48g (17.93%), Vitamin B5: 1.74mg (17.44%), Iron: 3.06mg (17%), Vitamin C: 11.53mg (13.98%), Vitamin B12: 0.82µg (13.59%), Folate: 46.61µg (11.65%), Vitamin E: 1.36mg (9.04%), Calcium: 71.62mg (7.16%), Vitamin K: 5.62µg (5.36%), Vitamin D: 0.53µg (3.55%)