

Hungarian Goulash

READY IN



45 min.

SERVINGS



4

CALORIES



450 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 try build-a-meal
- 4 servings salt and pepper

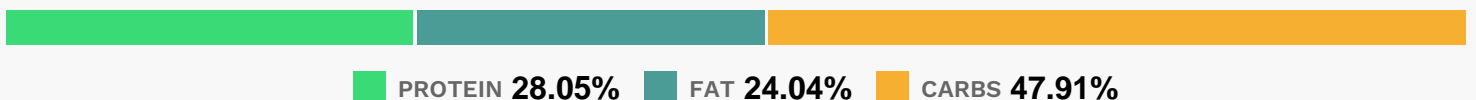
Equipment

- 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:23.990000279053%

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: 449.84kcal (22.49%), Fat: 11.97g (18.41%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 50.13g (18.23%), Sugar: 4.38g (4.87%), Cholesterol: 117.93mg (39.31%), Sodium: 529.43mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.83%), Selenium: 76.57µg (109.38%), Vitamin B3: 8.42mg (42.08%), Phosphorus: 414.49mg (41.45%), Vitamin B6: 0.79mg (39.55%), Zinc: 5.11mg (34.08%), Manganese: 0.66mg (33.18%), Vitamin K: 34.82µg (33.16%), Potassium: 797.49mg (22.79%), Vitamin B2: 0.37mg (21.93%), Vitamin B12: 1.26µg (20.98%), Copper: 0.37mg (18.36%), Magnesium: 71.72mg (17.93%), Iron: 3.07mg (17.05%), Vitamin C: 13.92mg (16.87%), Vitamin B5: 1.62mg (16.17%), Vitamin B1: 0.24mg (16.04%), Fiber: 3.53g (14.1%), Calcium: 140.93mg (14.09%), Folate: 55.95µg (13.99%), Vitamin A: 539.07IU (10.78%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.34µg (2.28%)