



Hungarian Goulash III

 Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef stew meat cut into cubes
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon mustard dry
- ☐ 16 ounce extra wide egg noodles
- ☐ 0.5 cup catsup
- ☐ 1.5 teaspoons paprika
- ☐ 1 teaspoon salt
- ☐ 1.5 cups water

- ☐ 0.8 teaspoon distilled vinegar white
- ☐ 3 tablespoons worcestershire sauce
- ☐ 1 small onion yellow chopped

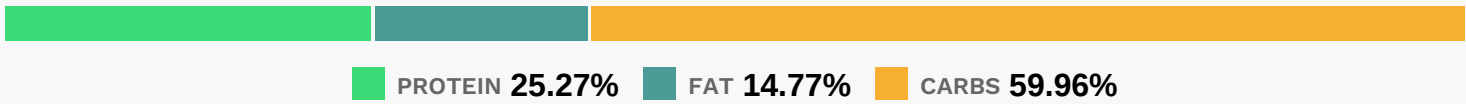
Equipment

- ☐ pot

Directions

- ☐ Prepare a large pot with cooking spray and place over medium heat; cook the beef stew meat in the pot until completely browned on all sides, 5 to 7 minutes.
- ☐ Add the onions; cook and stir until the onions begin to soften, about 5 minutes. Stir the water, ketchup, Worcestershire sauce, vinegar, brown sugar, paprika, salt, and mustard into the beef and onion mixture.
- ☐ Place a cover on the pot, reduce heat to low, and simmer the mixture until the beef is tender, about 2 1/2 hours.
- ☐ Bring a large pot of lightly salted water to a rolling boil. Cook the egg noodles at a boil until cooked through yet firm to the bite, about 5 minutes; drain.
- ☐ Serve the goulash over the noodles.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:22.86, Inflammation Score:-6, Nutrition Score:20.09565211379%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 445.12kcal (22.26%), Fat: 7.26g (11.17%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 66.32g (22.11%), Net Carbohydrates: 63.37g (23.05%), Sugar: 10.97g (12.19%), Cholesterol: 110.37mg (36.79%), Sodium: 742.61mg (32.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Selenium: 81.18µg (115.98%),

Phosphorus: 361.55mg (36.15%), Vitamin B6: 0.72mg (35.78%), Vitamin B3: 7.12mg (35.59%), Manganese: 0.71mg (35.39%), Zinc: 4.71mg (31.38%), Vitamin B12: 1.62µg (26.96%), Iron: 3.69mg (20.51%), Copper: 0.35mg (17.67%), Magnesium: 69.34mg (17.33%), Potassium: 601.53mg (17.19%), Vitamin B1: 0.22mg (14.36%), Vitamin B2: 0.24mg (14.29%), Fiber: 2.95g (11.79%), Vitamin B5: 1.06mg (10.62%), Folate: 37µg (9.25%), Vitamin A: 402.74IU (8.05%), Vitamin E: 0.96mg (6.41%), Calcium: 62.56mg (6.26%), Vitamin C: 2.8mg (3.4%), Vitamin K: 2.43µg (2.31%), Vitamin D: 0.23µg (1.51%)