



KRAFT MAKERS Beef Stroganoff

READY IN



505 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef stew meat
- 0.5 cup knudsen cream light sour
- 2.5 cups extra wide egg noodles uncooked
- 1 lb mushrooms fresh sliced
- 1 onion thinly sliced
- 16.6 oz recipe makers new england pot roast kraft

Equipment

- bowl

- ladle
- slow cooker

Directions

- Add meat and vegetables to slow cooker.
- Top with Simmer Sauce; cover.
- Cook on LOW 8 to 10 hours (or on HIGH 4 to 6 hours).
- Min. Before Serving
- Cook noodles as directed on package, omitting salt. Meanwhile, stir Finishing Sauce into slow cooker.
- Remove 1 cup liquid with ladle from slow cooker; place in medium bowl. Cool until noodles are done cooking.
- Stir sour cream into cooled liquid in bowl; return to slow cooker.
- Serve over hot cooked noodles.

Nutrition Facts

PROTEIN 53.26% **FAT 30.82%** **CARBS 15.92%**

Properties

Glycemic Index:17.17, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:31.495652323184%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 431.53kcal (21.58%), Fat: 14.47g (22.26%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.23g (5.54%), Sugar: 2.61g (2.9%), Cholesterol: 164.73mg (54.91%), Sodium: 166.46mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.27g (112.54%), Selenium: 81.29µg (116.13%), Vitamin B3: 17.41mg (87.04%), Vitamin B12: 4.61µg (76.81%), Zinc: 11.41mg (76.08%), Vitamin B6: 1.51mg (75.48%), Phosphorus: 604.82mg (60.48%), Vitamin B2: 0.72mg (42.34%), Potassium: 1122.42mg (32.07%), Iron: 5.43mg (30.17%), Copper: 0.52mg (25.86%), Vitamin B5: 2.47mg (24.71%), Vitamin B1: 0.31mg (20.35%), Magnesium: 74.06mg (18.52%), Folate: 52.89µg (13.22%), Manganese: 0.23mg (11.37%), Calcium: 79.54mg (7.95%), Fiber: 1.59g

(6.36%), Vitamin E: 0.81mg (5.39%), Vitamin C: 3.12mg (3.78%), Vitamin K: 3µg (2.86%), Vitamin D: 0.32µg (2.1%),
Vitamin A: 73.05IU (1.46%)