



## KRAFT MAKERS Beef Stroganoff

READY IN



505 min.

SERVINGS



25

CALORIES



104 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



## Properties

Glycemic Index:4.12, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:7.7273913712605%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 103.57kcal (5.18%), Fat: 3.47g (5.34%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.63g (0.7%), Cholesterol: 39.54mg (13.18%), Sodium: 39.95mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Selenium: 19.51µg (27.87%), Vitamin B3: 4.18mg (20.89%), Vitamin B12: 1.11µg (18.44%), Zinc: 2.74mg (18.26%), Vitamin B6: 0.36mg (18.11%), Phosphorus: 145.16mg (14.52%), Vitamin B2: 0.17mg (10.16%), Potassium: 269.38mg (7.7%), Iron: 1.3mg (7.24%), Copper: 0.12mg (6.21%), Vitamin B5: 0.59mg (5.93%), Vitamin B1: 0.07mg (4.88%), Magnesium: 17.78mg (4.44%), Folate: 12.69µg (3.17%), Manganese: 0.05mg (2.73%), Calcium: 19.09mg (1.91%), Fiber: 0.38g (1.53%), Vitamin E: 0.19mg (1.29%)