



Light Beef Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon beef-flavored bouillon granules
- ☐ 1 pound beef sirloin steak boneless lean
- ☐ 3 cups extra wide egg noodles cooked (without salt or fat)
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cups mushrooms fresh sliced
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons green onions sliced
- ☐ 1 tablespoon butter

- ☐ 8 ounce carton nonfat cream alternative sour
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon thyme leaves dried whole
- ☐ 0.8 cup water hot
- ☐ 2 teaspoons worcestershire sauce low-sodium
- ☐ 0.5 cup burgundy dry red

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 2- x 1/4-inch strips.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add steak, mushrooms, chopped onion, and garlic; cook 15 minutes or until steak and vegetables are tender.
- ☐ Drain and wipe drippings from skillet with a paper towel. Set steak mixture aside, and keep warm.
- ☐ Combine water and bouillon granules in skillet.
- ☐ Combine wine and flour; stir well, and add to broth. Stir in margarine and next 4 ingredients. Cook over medium heat, stirring constantly with a wire whisk, until thickened and bubbly.
- ☐ Add reserved steak mixture. Cook over medium heat until thoroughly heated.
- ☐ Remove from heat, and stir in sour cream. To serve, spoon steak mixture over noodles, and sprinkle with green onions.

Nutrition Facts



 **PROTEIN 33.33%**  **FAT 20.62%**  **CARBS 46.05%**

Properties

Glycemic Index:46.33, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:16.697391401167%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 301.79kcal (15.09%), Fat: 6.57g (10.11%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.01g (11.28%), Sugar: 2.6g (2.89%), Cholesterol: 71.22mg (23.74%), Sodium: 232.96mg (10.13%), Alcohol: 2.1g (100%), Alcohol %: 0.83% (100%), Protein: 23.9g (47.79%), Selenium: 50.78µg (72.54%), Vitamin B3: 7.2mg (36.02%), Phosphorus: 313.82mg (31.38%), Vitamin B6: 0.61mg (30.53%), Zinc: 4.09mg (27.25%), Vitamin B2: 0.38mg (22.5%), Manganese: 0.37mg (18.61%), Copper: 0.32mg (16.2%), Potassium: 565.66mg (16.16%), Vitamin B12: 0.92µg (15.35%), Vitamin B5: 1.47mg (14.73%), Iron: 2.4mg (13.32%), Magnesium: 47.84mg (11.96%), Vitamin B1: 0.17mg (11.47%), Folate: 38.5µg (9.63%), Calcium: 89.9mg (8.99%), Fiber: 2.01g (8.05%), Vitamin K: 6.68µg (6.36%), Vitamin A: 222.39IU (4.45%), Vitamin C: 3.51mg (4.25%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.18µg (1.17%)