



Meatball and Mushroom Stroganoff with Dill Sauce

READY IN



27 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ginger tea bags reynolds®
- ☐ 2 tablespoon flour
- ☐ 14.5 oz chicken broth canned
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 tablespoon dijon mustard dijon style
- ☐ 1 lb meatballs frozen swedish style
- ☐ 1 small onion chopped
- ☐ 2 cups crimini mushrooms sliced

- ☐ 0.8 cup cream sour
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 8 oz egg noodles cooked

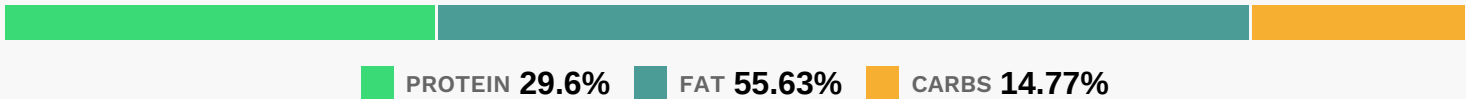
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place oven bag in 13x9x2-inch baking pan.
- ☐ Add flour, chicken broth, Worcestershire sauce and mustard to oven bag; squeeze bag to blend ingredients. ADD meatballs, onion, and mushrooms. Turn bag several times to mix. Arrange ingredients in an even layer in pan.
- ☐ Close bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 20 to 25 minutes or until heated through and sauce has thickened. Carefully cut open bag.
- ☐ Spoon meatballs and sauce into large serving bowl. Slowly stir in sour cream, dill, salt and pepper.
- ☐ Serve over cooked egg noodles.
- ☐ Garnish if desired.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:9.25, Inflammation Score:-6, Nutrition Score:24.742608951486%

Flavonoids

Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 689.79kcal (34.49%), Fat: 42.12g (64.79%), Saturated Fat: 15.86g (99.12%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 23.66g (8.6%), Sugar: 3.97g (4.41%), Cholesterol: 174.92mg (58.31%), Sodium: 1020.56mg (44.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.85%), Selenium: 73.99µg (105.71%), Vitamin B1: 0.94mg (62.71%), Phosphorus: 493.35mg (49.34%), Vitamin B3: 9.35mg (46.74%), Zinc: 6.07mg (40.47%), Vitamin B2: 0.67mg (39.24%), Vitamin B6: 0.74mg (36.95%), Vitamin B12: 2µg (33.32%), Potassium: 825.8mg (23.59%), Iron: 3.6mg (19.98%), Copper: 0.38mg (19%), Magnesium: 66.34mg (16.59%), Manganese: 0.33mg (16.44%), Vitamin B5: 1.64mg (16.43%), Calcium: 104.3mg (10.43%), Vitamin A: 496.26IU (9.93%), Folate: 34.73µg (8.68%), Fiber: 1.49g (5.97%), Vitamin C: 3.77mg (4.57%), Vitamin E: 0.62mg (4.13%), Vitamin K: 3.44µg (3.27%), Vitamin D: 0.2µg (1.3%)