



Meatball Stroganoff

READY IN



40 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock unsalted (such as Swanson)
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 teaspoons canola oil divided
- ☐ 12 ounces cremini mushrooms sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 ounces extra wide egg noodles uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh divided chopped

- ☐ 2 teaspoons garlic fresh minced
- ☐ 12 ounces ground sirloin 90% lean ()
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 1 Dash nutmeg
- ☐ 3 tablespoons panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.3 cups onion diced yellow

Equipment

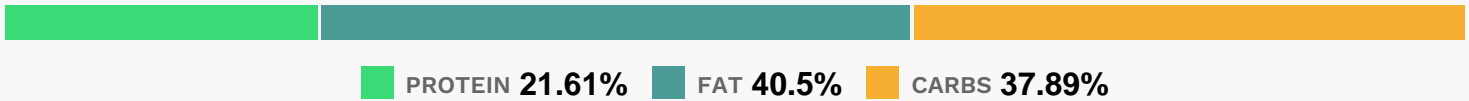
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place a foil-lined jelly-roll pan in oven on the middle rack. Preheat oven to 450 (keep pan in oven).
- ☐ Cook noodles according to the package directions, omitting salt and fat.
- ☐ Drain; keep warm.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add onion to pan; saut 6 minutes or until tender.
- ☐ Place onion in a small bowl.
- ☐ Combine beef, 3 tablespoons parsley, panko, milk, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir in 1/3 cup cooked onion. Shape beef mixture into 16 (1 1/2-inch) meatballs.
- ☐ Place meatballs on preheated pan coated with cooking spray.
- ☐ Bake at 450 for 12 minutes or until done, turning after 6 minutes.

- ☐ Return skillet to medium-high heat.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add mushrooms, garlic, and paprika to pan; saut 8 minutes or until mushrooms are lightly browned.
- ☐ Add wine to pan; cook 1 minute or until liquid almost evaporates.
- ☐ Sprinkle flour over mushroom mixture; cook 30 seconds, stirring constantly.
- ☐ Add stock; bring to a boil, scraping pan to loosen browned bits. Reduce heat, and simmer 3 minutes or until sauce slightly thickens. Stir in remaining cooked onion; remove pan from heat. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, sour cream, mustard, and nutmeg.
- ☐ Add meatballs to sauce; toss to coat. Spoon sauce and meatballs over cooked noodles.
- ☐ Sprinkle evenly with remaining parsley.
- ☐ Wine note: Go for a citrusy and mildly floral white, like A to Z's Oregon Pinot Gris, 2012 (\$12). This crisp, full-bodied wine has enough structure to stand up to the meatballs and plenty of racy sharpness to complement the tangy combination of sour cream, garlic, and mustard. -- Jordan Mackay

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:15.12, Inflammation Score:-8, Nutrition Score:30.292173903921%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 527.43kcal (26.37%), Fat: 23.4g (35.99%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 45.67g (16.61%), Sugar: 6.7g (7.45%), Cholesterol: 105.76mg (35.25%), Sodium: 565.55mg (24.59%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 28.09g (56.18%), Selenium: 74.23µg (106.04%), Vitamin K: 87.85µg (83.67%), Vitamin B3: 9.41mg (47.07%), Vitamin B2: 0.76mg (44.51%), Phosphorus: 432.96mg (43.3%), Zinc: 6.1mg (40.66%), Manganese: 0.74mg (37.02%), Vitamin B12: 2.18µg (36.33%), Copper: 0.7mg (35.22%), Vitamin B6: 0.63mg (31.5%), Potassium: 1029.43mg (29.41%), Vitamin B5: 2.39mg (23.92%), Iron: 4.11mg (22.86%), Vitamin B1: 0.34mg (22.6%), Folate: 70.74µg (17.69%), Magnesium: 69.71mg (17.43%), Fiber: 3.56g (14.24%), Vitamin C: 11.03mg (13.37%), Vitamin A: 643.66IU (12.87%), Calcium: 119.9mg (11.99%), Vitamin E: 1.36mg (9.08%), Vitamin D: 0.3µg (1.98%)