



Meatless Stroganoff

READY IN



21 min.

SERVINGS



5

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 2.5 cups extra wide egg noodles hot cooked
- ☐ 8 ounce carton cream fat-free sour
- ☐ 2 teaspoons garlic minced
- ☐ 16 ounce pre- mushrooms
- ☐ 1 cup onion chopped (1)
- ☐ 12 ounce recipe crumbles burger-style

- ☐ 0.3 cup vegetable broth
- ☐ 0.5 teaspoon worcestershire sauce

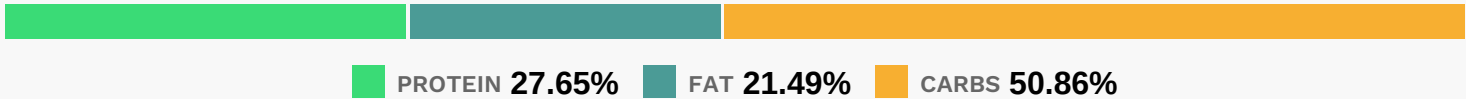
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add onion, garlic, and mushrooms; cook, stirring frequently, 7 minutes or until mushrooms are tender. Stir in crumbles, broth, Worcestershire sauce, and pepper; cook 2 minutes. Reduce heat to medium-low; stir in soup. Fold in sour cream, and cook until thoroughly heated (do not boil).
- ☐ Serve immediately over hot noodles.

Nutrition Facts



Properties

Glycemic Index:53.2, Glycemic Load:11.09, Inflammation Score:-5, Nutrition Score:25.104347708433%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 326.59kcal (16.33%), Fat: 8.02g (12.33%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 36.91g (13.42%), Sugar: 4.57g (5.08%), Cholesterol: 34.63mg (11.54%), Sodium: 864.33mg (37.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.42%), Vitamin B12: 5.99µg (99.88%), Vitamin B1: 0.98mg (65.5%), Vitamin B3: 12.12mg (60.6%), Selenium: 30.32µg (43.31%), Vitamin B6: 0.76mg (38.13%), Vitamin B2: 0.63mg (36.83%), Phosphorus: 348.46mg (34.85%), Iron: 5.03mg (27.93%), Manganese: 0.55mg (27.58%), Copper: 0.51mg (25.73%), Fiber: 5.78g (23.13%), Potassium: 640.93mg (18.31%), Zinc: 2.71mg (18.07%), Vitamin B5: 1.73mg (17.34%), Magnesium: 37.56mg (9.39%), Folate: 36.52µg (9.13%), Calcium: 82.56mg (8.26%), Vitamin C: 4.73mg (5.73%), Vitamin A: 209.24IU (4.18%), Vitamin D: 0.26µg (1.74%), Vitamin E: 0.2mg

(1.34%)