



WHATSheATE



Mushroom Stroganoff



Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 3.5 cups extra wide egg noodles uncooked
- ☐ 20 oz mushrooms fresh
- ☐ 1 cup onion coarsely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups milk 1% low-fat ()
- ☐ 3 tablespoons vegetable stock dry
- ☐ 1 tablespoon butter light melted
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup cream fat-free sour
- ☐ 1 serving chives finely chopped

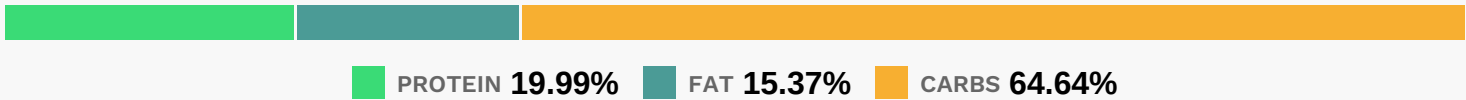
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook noodles as directed on package, omitting salt and oil; drain.
- ☐ Generously spray 5- to 6-quart Dutch oven with butter-flavor cooking spray; heat over high heat.
- ☐ Add mushrooms and onion; cook 10 minutes, stirring frequently, until vegetables are golden brown.
- ☐ Meanwhile, place flour in medium bowl. Gradually beat in milk with wire whisk until smooth. Beat in sherry, butter, salt and pepper.
- ☐ Pour cooked mushroom mixture into large bowl. Gradually add milk mixture to hot Dutch oven, stirring with wire whisk. Cook 3 minutes, stirring constantly with whisk, until slightly thickened.
- ☐ Stir sauce and noodles into mushroom mixture. Stir in sour cream.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:15, Inflammation Score:-6, Nutrition Score:19.075652257256%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 273.4kcal (13.67%), Fat: 4.83g (7.43%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 42.32g (15.39%), Sugar: 9.75g (10.83%), Cholesterol: 38.65mg (12.88%), Sodium: 427.84mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Selenium: 44.92µg (64.18%), Vitamin B2: 0.81mg (47.56%), Phosphorus: 339.91mg (33.99%), Vitamin B3: 6.32mg (31.6%), Copper: 0.58mg (29.13%), Vitamin B5: 2.82mg (28.23%), Manganese: 0.48mg (23.85%), Potassium: 780.72mg (22.31%), Vitamin B1: 0.3mg (19.78%), Calcium: 176.58mg (17.66%), Vitamin B6: 0.33mg (16.5%), Folate: 56.91µg (14.23%), Fiber: 3.42g (13.66%), Zinc: 2.02mg (13.48%), Vitamin B12: 0.78µg (13.06%), Magnesium: 51.49mg (12.87%), Iron: 1.75mg (9.75%), Vitamin D: 1.39µg (9.28%), Vitamin C: 6.08mg (7.37%), Vitamin A: 363.83IU (7.28%), Vitamin E: 0.22mg (1.5%), Vitamin K: 1.54µg (1.47%)