



Mushroom Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mustard dry
- ☐ 3 clove garlic minced peeled
- ☐ 1.5 pound mushrooms such as shitake, cremini & baby bellas, cut into bite size pieces assorted
- ☐ 2 tablespoon parsley leaves chopped
- ☐ 0.5 teaspoon freshly cracked pepper black as needed plus more
- ☐ 1 teaspoon salt as needed plus more
- ☐ 2 shallots minced
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoon thyme leaves minced

- ☐ 3 tablespoon butter unsalted
- ☐ 0.5 cup vegetable broth
- ☐ 0.5 cup vermouth dry white
- ☐ 1 pound wide cut egg noodles
- ☐ 1 tablespoon worcestershire sauce

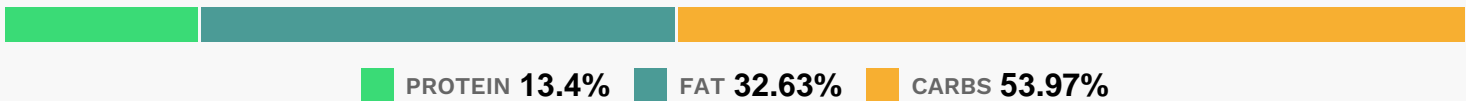
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Melt 2 tablespoons butter in a large dutch oven set over medium heat.
- ☐ Add the shallots and cook, until softened; about 5 minutes. Stir in the garlic, cooking an additional minute more. Next add the thyme, salt, pepper, mustard, and Worcestershire sauce. Stir to combine.Lower the heat and add the mushrooms, stirring until slightly wilted; about 10 minutes.
- ☐ Add the broth and wine, and continue to cook, stirring occasionally, for 30 minutes he broth will be slightly reduced. While the mushrooms are cooking, bring a large pot of lightly salted water to a boil.
- ☐ Add egg noodles, and cook until al dente, about 7 minutes.
- ☐ Remove from heat, drain, then put them back into the same warm pot you cooked them in.
- ☐ Add the remaining butter and stir to coat lightly in butter. When ready to serve, stir the sour cream into the mushroom mixture and gently Season to taste with more salt and pepper, if necessary. Toss the mushroom mixture with the warm buttered noodles.
- ☐ Garnish with parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:36.16, Inflammation Score:-10, Nutrition Score:29.852608494137%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 708.75kcal (35.44%), Fat: 25.54g (39.3%), Saturated Fat: 12.65g (79.08%), Carbohydrates: 95.05g (31.68%), Net Carbohydrates: 88.72g (32.26%), Sugar: 9.2g (10.22%), Cholesterol: 151.75mg (50.58%), Sodium: 808.69mg (35.16%), Alcohol: 2.85g (100%), Alcohol %: 0.83% (100%), Protein: 23.6g (47.19%), Selenium: 108.96µg (155.65%), Manganese: 1.21mg (60.46%), Vitamin B2: 0.91mg (53.44%), Phosphorus: 486.84mg (48.68%), Copper: 0.94mg (46.78%), Vitamin B3: 8.73mg (43.67%), Vitamin B5: 3.86mg (38.58%), Vitamin K: 35.58µg (33.89%), Potassium: 1005.64mg (28.73%), Vitamin B6: 0.53mg (26.37%), Fiber: 6.33g (25.3%), Vitamin B1: 0.36mg (24.29%), Magnesium: 96.87mg (24.22%), Zinc: 3.43mg (22.89%), Iron: 3.97mg (22.03%), Vitamin A: 1010.7IU (20.21%), Folate: 74.9µg (18.73%), Vitamin C: 11.84mg (14.35%), Calcium: 131.28mg (13.13%), Vitamin B12: 0.54µg (8.92%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.84µg (5.59%)