



Mushroom Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 cup commercial cream sour
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pound mushrooms fresh cleaned
- ☐ 6 servings parsley fresh chopped
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 6 servings toast points
- ☐ 0.5 teaspoon worcestershire sauce

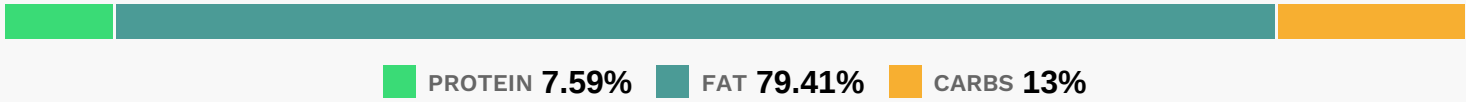
Equipment

- ☐ frying pan

Directions

- ☐ Remove mushroom stems; chop stems. Saut mushroom caps, chopped stems, and onion in butter in a large skillet until vegetables are tender. Stir in salt and pepper. Reduce heat; cover and simmer 5 minutes.
- ☐ Combine flour and milk, stirring well. Stir milk mixture into mushroom mixture; cook over medium heat until bubbly.
- ☐ Remove from heat; add sour cream and Worcestershire sauce, stirring well. Cook over low heat until thoroughly heated.
- ☐ Serve hot over toast points and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:10.825652277988%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 206.73kcal (10.34%), Fat: 19.04g (29.29%), Saturated Fat: 8.67g (54.18%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.56g (3.95%), Cholesterol: 34.85mg (11.62%), Sodium: 313.89mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin K: 66.82µg (63.63%), Vitamin B2: 0.4mg (23.25%), Vitamin A: 1130.2IU (22.6%), Vitamin B3: 2.95mg (14.73%), Copper: 0.26mg (13.02%), Vitamin B5: 1.3mg (12.95%), Selenium: 8.93µg (12.75%), Phosphorus: 103.71mg (10.37%), Vitamin C: 8.16mg (9.89%),

Potassium: 337.31mg (9.64%), Folate: 26.13µg (6.53%), Vitamin B1: 0.1mg (6.52%), Vitamin B6: 0.12mg (5.86%),
Vitamin D: 0.74µg (4.93%), Calcium: 48.23mg (4.82%), Fiber: 1.19g (4.78%), Iron: 0.81mg (4.51%), Manganese:
0.08mg (4.18%), Vitamin E: 0.62mg (4.11%), Zinc: 0.59mg (3.93%), Magnesium: 14.47mg (3.62%), Vitamin B12: 0.14µg
(2.37%)