



No Sour Cream Beef Stroganoff

READY IN



35 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.5 ounce beef broth canned
- 8 ounce mushrooms drained canned
- 10.5 ounce cream of mushroom soup canned
- 4 tablespoons flour
- 1 clove garlic minced
- 1.5 pounds ground beef
- 1 onion chopped
- 4 servings salt to taste

- 0.5 cup white wine
- 4 servings worcestershire sauce to taste

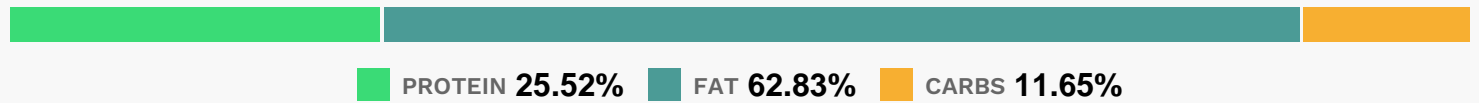
Equipment

- bowl
- frying pan

Directions

- Brown ground beef in a large skillet over medium heat. Season with salt. Stir in butter, mushrooms, onion, and garlic; cook until the onions are soft.
- In a small bowl, stir together white wine and flour. Stir into meat, along with mushroom soup and beef broth. Simmer for 10 to 15 minutes, allowing to thicken. (If you need more liquid, stir in additional broth.)
- Serve seasoned with a dash of Worcestershire sauce.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:4.9, Inflammation Score:-4, Nutrition Score:20.930869470472%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 586.71kcal (29.34%), Fat: 39.08g (60.12%), Saturated Fat: 15.87g (99.19%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.1g (5.13%), Sugar: 2.91g (3.23%), Cholesterol: 132.01mg (44%), Sodium: 1391.56mg (60.5%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 35.71g (71.43%), Vitamin B12: 3.82µg (63.62%), Zinc:

8.49mg (56.58%), Vitamin B3: 9.86mg (49.32%), Selenium: 31.22µg (44.6%), Phosphorus: 361.49mg (36.15%), Vitamin B6: 0.68mg (34.1%), Iron: 4.95mg (27.5%), Vitamin B2: 0.38mg (22.13%), Manganese: 0.43mg (21.56%), Potassium: 747.72mg (21.36%), Copper: 0.41mg (20.65%), Vitamin B5: 1.56mg (15.58%), Vitamin B1: 0.21mg (14.21%), Magnesium: 51.91mg (12.98%), Folate: 44.87µg (11.22%), Fiber: 2.2g (8.78%), Calcium: 57.83mg (5.78%), Vitamin E: 0.8mg (5.3%), Vitamin K: 3.58µg (3.41%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.28µg (1.89%), Vitamin A: 88.87IU (1.78%)