



One-Dish Beef Stroganoff

READY IN



35 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups beef stock swanson®
- 1 pound beef sirloin steak boneless very thin cut into strips
- 1 teaspoon parsley flakes dried
- 3 cups extra wide egg noodles uncooked
- 4 servings parsley fresh chopped
- 3 cloves garlic minced
- 6 ounces mushrooms sliced
- 1 medium onion chopped
- 0.5 cup cup heavy whipping cream sour

1 tablespoon vegetable oil

Equipment

frying pan

Directions

Heat the oil in a 12-inch nonstick skillet over medium-high heat.

Add the beef and cook until it's well browned, stirring often.

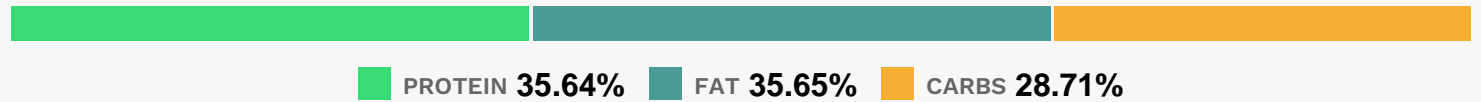
Add the onion, garlic and parsley and cook until the onion is tender-crisp.

Stir the broth and mushrooms in the skillet and heat to a boil. Stir in the noodles. Reduce the heat to low. Cover and cook for 10 minutes or until the noodles are tender.

Stir the sour cream in the skillet and cook until the mixture is hot.

Garnish with the parsley.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:9.65, Inflammation Score:-7, Nutrition Score:24.284782497779%

Flavonoids

Apigenin: 9.75mg, Apigenin: 9.75mg, Apigenin: 9.75mg, Apigenin: 9.75mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 373.01kcal (18.65%), Fat: 14.7g (22.62%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 24.63g (8.96%), Sugar: 3.58g (3.98%), Cholesterol: 107.81mg (35.94%), Sodium: 474.96mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.07g (66.15%), Selenium: 63.6µg (90.86%), Vitamin K: 74.16µg (70.63%), Vitamin B3: 10.42mg (52.09%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 393.87mg (39.39%), Zinc: 5.52mg (36.77%), Vitamin B2: 0.42mg (24.56%), Potassium: 774.24mg (22.12%), Vitamin B12: 1.3µg (21.66%), Manganese: 0.37mg (18.59%), Vitamin B5: 1.82mg (18.19%), Iron: 3.13mg (17.38%), Copper: 0.34mg (16.8%), Magnesium: 56.83mg (14.21%), Vitamin B1: 0.2mg (13.1%), Folate: 45.48µg (11.37%), Vitamin C: 9.24mg (11.2%),

Vitamin A: 534.98IU (10.7%), Calcium: 87.74mg (8.77%), Fiber: 2.02g (8.08%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.17µg (1.14%)