



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

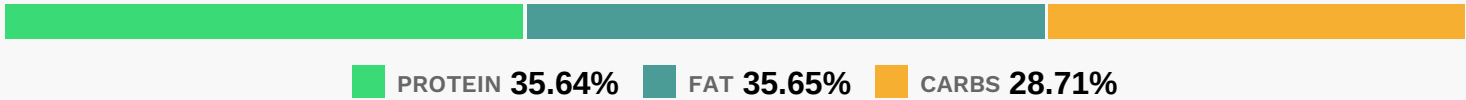
Equipment

☐ 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: Og (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%)