



Peppered Beef Stroganoff

READY IN



30 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups beef broth
- ☐ 24 ounce beef tenderloin steaks
- ☐ 1 tablespoon cognac
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 cup whipping cream
- ☐ 1 tablespoon coarsely ground peppercorn melange black
- ☐ 8.8 ounce wide egg noodles (such as De Cecco)

☐ 8 ounces if halved quartered (baby bella)

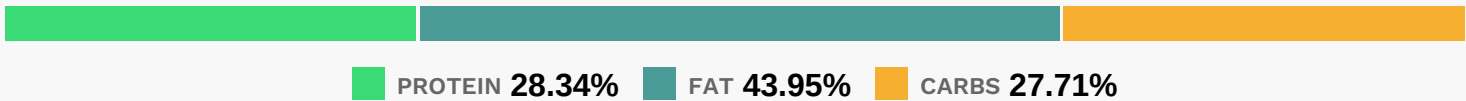
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Sprinkle pepper melange and salt over both sides of steaks; press to adhere.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add steaks; cook to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer beef to plate; tent with foil.
- ☐ Add 1 tablespoon oil and mushrooms to same skillet; sauté until browned, about 4 minutes.
- ☐ Add broth and Cognac; boil 2 minutes.
- ☐ Add cream; boil until slightly thickened, about 3 minutes.
- ☐ Whisk in mustard.
- ☐ Meanwhile, cook noodles in pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Return to pot; toss with parsley and 1 tablespoon oil. Season with salt and pepper. Divide among plates. Slice steaks; place atop noodles. Spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:19.42, Inflammation Score:-7, Nutrition Score:33.796521850254%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 721.51kcal (36.08%), Fat: 34.69g (53.37%), Saturated Fat: 12.91g (80.71%), Carbohydrates: 49.21g (16.4%), Net Carbohydrates: 45.67g (16.61%), Sugar: 3.27g (3.63%), Cholesterol: 194.87mg (64.96%), Sodium: 440.62mg (19.16%), Alcohol: 1.25g (100%), Alcohol %: 0.38% (100%), Protein: 50.34g (100.67%), Selenium: 109.12µg (155.88%), Vitamin B3: 14.96mg (74.8%), Vitamin K: 75.27µg (71.69%), Vitamin B6: 1.28mg (64.14%), Phosphorus: 591.9mg (59.19%), Zinc: 8.41mg (56.08%), Manganese: 0.93mg (46.38%), Vitamin B2: 0.57mg (33.37%), Vitamin B12: 1.89µg (31.43%), Potassium: 1063.19mg (30.38%), Iron: 4.94mg (27.46%), Copper: 0.54mg (27.02%), Vitamin B5: 2.67mg (26.72%), Magnesium: 91.93mg (22.98%), Vitamin B1: 0.3mg (19.9%), Vitamin E: 2.62mg (17.44%), Vitamin A: 808.23IU (16.16%), Folate: 58.92µg (14.73%), Fiber: 3.54g (14.17%), Calcium: 103.8mg (10.38%), Vitamin C: 6.37mg (7.72%), Vitamin D: 0.78µg (5.18%)