



PHILLY Slow-Cooker Beef Stroganoff

READY IN



495 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef cubed
- 0.5 cup beef broth
- 0.5 cup alouette garlic & herbs spreadable cheese
- 225 grams cooked fettuccine cooked drained
- 1 tablespoon flour
- 1 cup mushrooms chopped
- 1 cup onion chopped

Equipment

slow cooker

Directions

Mix meat, onions and mushrooms in slow cooker.

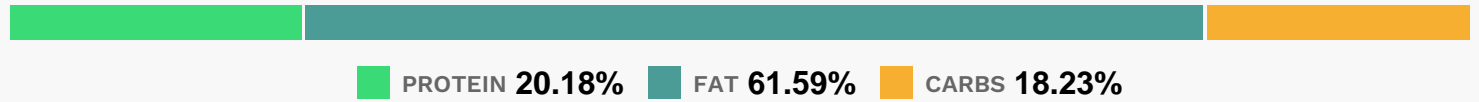
Add broth; stir. Cover. Cook on LOW for 6 to 8 hours (or on HIGH for 3 to 4 hours).

Combine cream cheese spread and flour.

Add to meat mixture just before serving; stir until cream cheese is completely melted and mixture is well blended.

Add to hot pasta; toss to coat.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:8.77, Inflammation Score:-3, Nutrition Score:14.6147824474%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 494.12kcal (24.71%), Fat: 33.88g (52.12%), Saturated Fat: 14.53g (90.81%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 20.93g (7.61%), Sugar: 2.4g (2.67%), Cholesterol: 127.53mg (42.51%), Sodium: 346.76mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Selenium: 33.73µg (48.19%), Vitamin B12: 2.51µg (41.8%), Zinc: 5.31mg (35.41%), Vitamin B3: 6.28mg (31.38%), Phosphorus: 260.08mg (26.01%), Vitamin B6: 0.47mg (23.45%), Vitamin B2: 0.3mg (17.76%), Iron: 2.88mg (16%), Potassium: 480.48mg (13.73%), Manganese: 0.27mg (13.36%), Vitamin B5: 1.14mg (11.4%), Copper: 0.22mg (10.95%), Magnesium: 38.26mg (9.57%), Vitamin B1: 0.12mg (7.92%), Folate: 27.59µg (6.9%), Fiber: 1.65g (6.58%), Vitamin C: 3.46mg (4.2%), Calcium: 39.16mg (3.92%), Vitamin E: 0.57mg (3.81%), Vitamin K: 2.21µg (2.1%), Vitamin D: 0.22µg (1.45%)