



Poor Man's Stroganoff

READY IN



30 min.

SERVINGS



4

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce extra wide egg noodles
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 1 pound ground beef
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon greek seasoning (such as Cavender's®)
- ☐ 1 pint cup heavy whipping cream sour
- ☐ 1 teaspoon vegetable oil

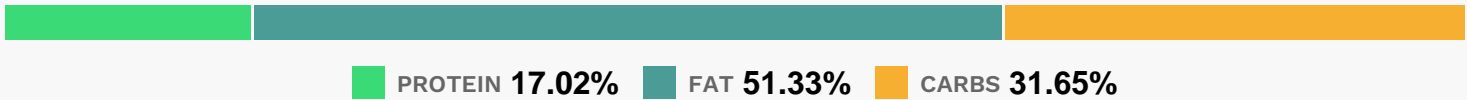
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 5 minutes; drain.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Season beef with Greek seasoning, salt, and pepper.
- ☐ Heat vegetable oil in a separate skillet over medium heat. Cook and stir mushrooms in hot oil until tender, about 5 minutes; add to ground beef.
- ☐ Stir sour cream into ground beef mixture; cook and stir until hot, about 5 minutes.
- ☐ Serve over egg noodles.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:26.28, Inflammation Score:-7, Nutrition Score:31.151304151701%

Nutrients (% of daily need)

Calories: 887.25kcal (44.36%), Fat: 50.97g (78.42%), Saturated Fat: 21.9g (136.88%), Carbohydrates: 70.7g (23.57%), Net Carbohydrates: 66.21g (24.08%), Sugar: 7.93g (8.81%), Cholesterol: 221.75mg (73.92%), Sodium: 136.51mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.05%), Selenium: 99.01µg (141.44%), Phosphorus: 573.54mg (57.35%), Vitamin B3: 10.84mg (54.21%), Vitamin B2: 0.91mg (53.27%), Vitamin B12: 2.97µg (49.45%), Zinc: 7.39mg (49.25%), Manganese: 0.88mg (43.95%), Vitamin B6: 0.73mg (36.48%), Copper: 0.71mg (35.64%), Vitamin B5: 3.45mg (34.53%), Potassium: 1039.02mg (29.69%), Iron: 4.93mg (27.38%), Magnesium: 94.14mg (23.53%), Vitamin B1: 0.31mg (20.74%), Calcium: 193.18mg (19.32%), Fiber: 4.49g (17.96%), Vitamin A: 811.21IU (16.22%), Folate: 61.91µg (15.48%), Vitamin K: 14.13µg (13.46%), Vitamin E: 1.56mg (10.39%), Vitamin C: 3.47mg (4.21%), Vitamin D: 0.6µg (3.97%)