



Pork-Onion Stroganoff

READY IN



50 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds pork loin boneless
- 1 tablespoon butter
- 3 cups mushrooms fresh sliced
- 3 medium onion sliced
- 1 garlic clove finely chopped
- 1 tablespoon butter
- 1 cup beef broth flavored (from 32-ounce carton)
- 1.5 tablespoons basil dried fresh chopped
- 1 tablespoon worcestershire sauce

- 0.1 teaspoon pepper
- 1 cup cream sour
- 1.5 cups tomatoes peeled seeded chopped
- 3 tablespoons flour all-purpose
- 6 cups noodles hot cooked

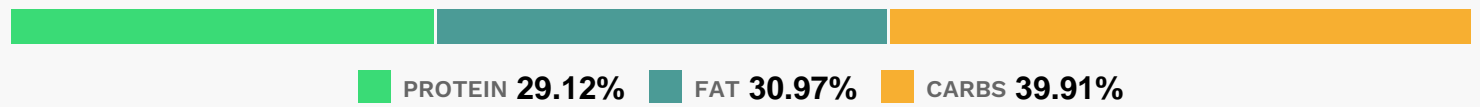
Equipment

- frying pan

Directions

- Cut pork across grain into thin slices; cut slices into strips, each about 2 1/2x1/2 inch.
- Heat 1 tablespoon butter in 10-inch skillet over medium heat until bubbly. Cook mushrooms, onions and garlic in butter, stirring occasionally, until mushrooms and onions are tender.
- Remove mixture from skillet.
- Heat 1 tablespoon butter in skillet over medium-high heat until melted. Cook pork in butter, stirring frequently, until brown. Stir in broth, basil, Worcestershire sauce and pepper.
- Heat to boiling; reduce heat. Cover and simmer about 10 minutes, stirring occasionally, until pork is tender. Stir in mushroom mixture.
- Mix sour cream and flour; stir into pork mixture.
- Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in tomatoes; heat through.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:20.54, Inflammation Score:-7, Nutrition Score:25.856956284979%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg

Nutrients (% of daily need)

Calories: 505.87kcal (25.29%), Fat: 17.35g (26.7%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 45.84g (16.67%), Sugar: 6.54g (7.27%), Cholesterol: 94.06mg (31.35%), Sodium: 305.65mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.41%), Selenium: 70.26µg (100.37%), Vitamin B6: 1.1mg (55.05%), Vitamin B3: 9.65mg (48.23%), Phosphorus: 434.19mg (43.42%), Vitamin B1: 0.65mg (43.07%), Manganese: 0.67mg (33.39%), Vitamin B2: 0.56mg (32.93%), Potassium: 924.05mg (26.4%), Zinc: 3.28mg (21.88%), Iron: 3.9mg (21.68%), Copper: 0.42mg (21.02%), Vitamin K: 21µg (20%), Vitamin B5: 1.96mg (19.65%), Magnesium: 77.82mg (19.46%), Fiber: 4.48g (17.91%), Vitamin A: 727.09IU (14.54%), Vitamin C: 11.07mg (13.42%), Vitamin B12: 0.71µg (11.84%), Folate: 45.78µg (11.45%), Calcium: 101.31mg (10.13%), Vitamin E: 0.84mg (5.58%), Vitamin D: 0.55µg (3.66%)