



Potatoes Stroganoff

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 pound ground beef lean
- ☐ 0.7 cup milk
- ☐ 4 ounces mushrooms green drained giant® canned
- ☐ 4.7 oz potatoes betty crocker®
- ☐ 0.3 cup cream sour
- ☐ 2.3 cups water hot

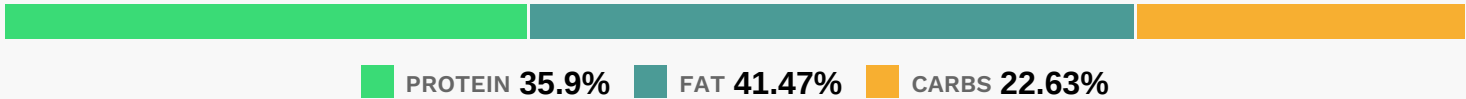
Equipment

☐ frying pan

Directions

- ☐ Cook beef and garlic powder in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in Potatoes, Sauce
- ☐ Mix, hot water and milk.
- ☐ Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender.
- ☐ Stir in mushrooms and sour cream; heat just until hot.
- ☐ Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:5.2, Inflammation Score:-3, Nutrition Score:10.837826184604%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 173.16kcal (8.66%), Fat: 7.98g (12.28%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.75g (3.18%), Sugar: 3.44g (3.82%), Cholesterol: 51.34mg (17.11%), Sodium: 69.11mg (3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Vitamin B12: 1.54µg (25.69%), Vitamin B3: 4.55mg (22.77%), Zinc: 3.38mg (22.56%), Phosphorus: 212.82mg (21.28%), Selenium: 14.17µg (20.25%), Vitamin B6: 0.39mg (19.44%), Vitamin B2: 0.3mg (17.93%), Potassium: 516mg (14.74%), Vitamin B5: 1.11mg (11.06%), Iron: 1.79mg (9.92%), Copper: 0.2mg (9.85%), Vitamin C: 7.33mg (8.89%), Calcium: 83.62mg (8.36%), Magnesium: 31.1mg (7.78%), Vitamin B1: 0.1mg (6.74%), Fiber: 1.05g (4.2%), Manganese: 0.08mg (3.87%), Vitamin D: 0.56µg (3.74%), Vitamin A: 185.95IU (3.72%), Folate: 14.31µg (3.58%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.21µg (1.16%)