



Pressure Cooker Beef Stroganoff

READY IN



40 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef chuck lean cut into 1-inch pieces
- ☐ 3 carrots cut into 1/2-inch chunks
- ☐ 2 stalks celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup cooking wine dry white
- ☐ 12 ounces extra wide egg noodles whole wheat
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup parsley fresh roughly chopped
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 1 cup beef broth low-sodium
- ☐ 0.3 cup neufchâtel cheese
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 pound button mushrooms whole white

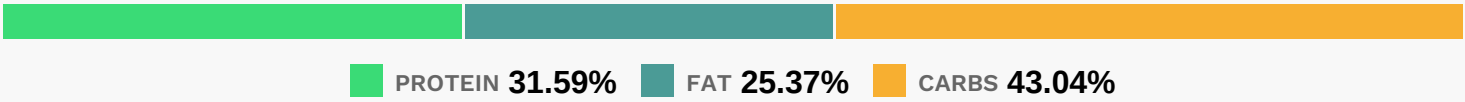
Equipment

- ☐ bowl
- ☐ pot
- ☐ pressure cooker

Directions

- ☐ Special equipment: Pressure cooker
- ☐ Toss the beef with 1/2 teaspoon each salt and pepper.
- ☐ Heat the oil in a pressure cooker over medium-high heat.
- ☐ Add the beef and cook, stirring occasionally, until browned on all sides, about 4 minutes.
- ☐ Add the onions and cook, stirring frequently, until the onions soften and begin to brown, about 4 minutes.
- ☐ Add the white wine, mustard and flour, bring to a simmer and cook until reduced by half, about 2 minutes.
- ☐ Add the beef broth, mushrooms, carrots and celery.
- ☐ Secure the pressure cooker lid and bring to high pressure over medium heat. Once at high pressure, cook for 18 minutes.
- ☐ Remove from the heat and, using the quick-release valve, carefully open. Stir in the neufchatel, parsley and salt and pepper to taste.
- ☐ Meanwhile, bring a pot of water to a boil and cook the egg noodles according to package directions.
- ☐ Drain and keep warm.
- ☐ Divide the noodles and beef stroganoff evenly among 6 serving bowls.

Nutrition Facts



Properties

Glycemic Index:65.81, Glycemic Load:19.9, Inflammation Score:-10, Nutrition Score:33.044782597086%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 499.51kcal (24.98%), Fat: 13.26g (20.4%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 46.35g (16.86%), Sugar: 5.72g (6.36%), Cholesterol: 125.23mg (41.74%), Sodium: 260.22mg (11.31%), Alcohol: 4.12g (100%), Alcohol %: 1.28% (100%), Protein: 37.14g (74.28%), Vitamin A: 5486.54IU (109.73%), Selenium: 73.23µg (104.62%), Vitamin B3: 10.7mg (53.5%), Zinc: 7.56mg (50.38%), Vitamin K: 51.57µg (49.11%), Phosphorus: 471.84mg (47.18%), Vitamin B12: 2.76µg (46.07%), Vitamin B6: 0.75mg (37.42%), Vitamin B2: 0.6mg (35.26%), Manganese: 0.7mg (34.81%), Potassium: 1073.81mg (30.68%), Copper: 0.53mg (26.73%), Iron: 4.71mg (26.15%), Vitamin B5: 2.61mg (26.14%), Magnesium: 79.48mg (19.87%), Vitamin B1: 0.26mg (17.1%), Fiber: 4.26g (17.02%), Folate: 57.1µg (14.28%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.18mg (7.87%), Calcium: 72.75mg (7.27%), Vitamin D: 0.43µg (2.9%)