



Quick Beef Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large beef bouillon cubes
- ☐ 12 ounces egg noodles cooked
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 13.3 ounce mushrooms drained canned
- ☐ 0.3 cup onion diced
- ☐ 0.5 pound pan drippings from roast beef preferably cooked cut into strips
- ☐ 8 ounce cream sour
- ☐ 2 cups water

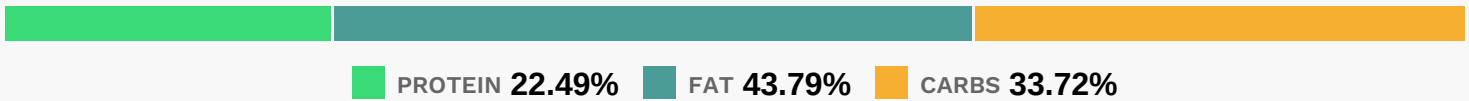
Equipment

☐ sauce pan

Directions

☐ Bring first 4 ingredients to a boil in a medium saucepan. Reduce heat, and simmer, stirring occasionally, 5 minutes. Stir in soup and mushrooms; cook, stirring often, 5 minutes. Stir in sour cream, and serve over noodles.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:13.42, Inflammation Score:-6, Nutrition Score:19.557391337726%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 392.6kcal (19.63%), Fat: 19.51g (30.02%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 31.68g (11.52%), Sugar: 5.11g (5.68%), Cholesterol: 96.57mg (32.19%), Sodium: 1661.01mg (72.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Selenium: 36.73µg (52.47%), Vitamin B3: 8.34mg (41.69%), Vitamin B2: 0.6mg (35.27%), Vitamin C: 28.81mg (34.92%), Phosphorus: 326.69mg (32.67%), Copper: 0.55mg (27.61%), Calcium: 246.16mg (24.62%), Zinc: 3.53mg (23.51%), Vitamin B5: 2.15mg (21.52%), Vitamin B12: 1.21µg (20.12%), Vitamin B6: 0.4mg (20.04%), Manganese: 0.4mg (19.88%), Potassium: 616.54mg (17.62%), Iron: 3.06mg (17.01%), Magnesium: 49.62mg (12.4%), Vitamin B1: 0.15mg (10.33%), Vitamin A: 509.97IU (10.2%), Folate: 34.22µg (8.56%), Fiber: 2.13g (8.52%), Vitamin E: 0.78mg (5.22%), Vitamin K: 4.01µg (3.82%), Vitamin D: 0.27µg (1.82%)