



Quick Beef Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces crimini mushrooms thinly sliced
- 4 servings salt and pepper freshly ground
- 4 servings soup noodles for serving
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 onion thinly sliced
- 1 cup gravy
- 12 ounces pan drippings from roast beef preferably sliced cut into strips
- 0.3 cup cream sour
- 1 teaspoon thyme leaves chopped

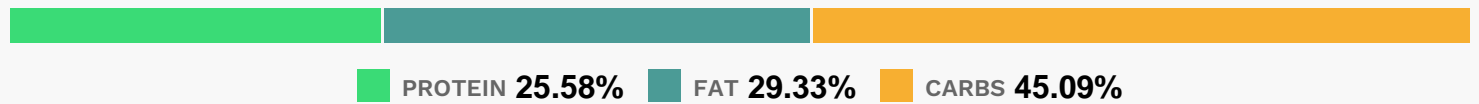
Equipment

frying pan

Directions

- In a large skillet, heat the olive oil until shimmering.
- Add the onion, mushrooms and thyme, season with salt and pepper and cook over moderate heat, stirring occasionally, until tender and browned, 8 minutes.
- Add the gravy and bring to a boil. Stir in the sour cream.
- Add the beef and simmer until heated through, about 2 minutes.
- Serve over buttered noodles.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:17.4, Inflammation Score:-7, Nutrition Score:22.592608643615%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 448.92kcal (22.45%), Fat: 14.7g (22.62%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 48.19g (17.52%), Sugar: 5.12g (5.69%), Cholesterol: 61.68mg (20.56%), Sodium: 1756.49mg (76.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.71%), Selenium: 56.5µg (80.72%), Vitamin C: 41.24mg (49.98%), Vitamin B3: 9.48mg (47.4%), Phosphorus: 357.45mg (35.75%), Manganese: 0.66mg (32.82%), Zinc: 4.59mg (30.58%), Calcium: 283.16mg (28.32%), Vitamin B2: 0.45mg (26.47%), Vitamin B6: 0.52mg (26.14%), Copper: 0.52mg (26.06%), Vitamin B12: 1.53µg (25.55%), Potassium: 678.3mg (19.38%), Iron: 2.94mg (16.32%), Magnesium: 57.64mg (14.41%), Vitamin B5: 1.43mg (14.31%), Fiber: 2.67g (10.68%), Vitamin B1: 0.16mg (10.55%), Folate: 38.31µg (9.58%), Vitamin E: 1.14mg (7.57%), Vitamin K: 4.6µg (4.38%), Vitamin A: 113.86IU (2.28%)