



Quick Beef Stroganoff

READY IN



25 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 4 ounces extra wide egg noodles uncooked
- ☐ 1 pound flank steak trimmed
- ☐ 5 teaspoons flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup lower-sodium beef broth divided

- ☐ 6 ounce pre exotic mushroom blend
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon paprika hot
- ☐ 0.3 cup heavy whipping cream fat-free sour
- ☐ 6.5 cups water divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 6 cups water to a boil in a large saucepan.
- ☐ Add noodles; cook 5 minutes or until al dente.
- ☐ Drain.
- ☐ Cut beef across the grain into 1/4-inch-wide strips; cut strips into 2-inch pieces.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; saut 4 minutes or until browned.
- ☐ Remove beef from pan.
- ☐ Add 1 cup onion, black pepper, salt, paprika, and mushrooms to pan; saut 4 minutes or until tender. Reduce heat to medium.
- ☐ Combine 1/4 cup beef broth and flour in a small bowl, stirring with a whisk.
- ☐ Add broth mixture, beef, remaining 3/4 cup broth, and remaining 1/2 cup water to pan, scraping pan to loosen browned bits. Cover and cook 8 minutes or until sauce thickens.
- ☐ Remove from heat; stir in sour cream, green onions, and butter.
- ☐ Serve beef mixture over egg noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:11.39, Inflammation Score:-6, Nutrition Score:22.434347971626%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 349.94kcal (17.5%), Fat: 10.09g (15.52%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 29.38g (10.68%), Sugar: 3.46g (3.85%), Cholesterol: 101.1mg (33.7%), Sodium: 542.94mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Selenium: 60.36µg (86.23%), Vitamin B3: 9.58mg (47.9%), Vitamin B6: 0.93mg (46.64%), Vitamin K: 44.54µg (42.42%), Phosphorus: 381.97mg (38.2%), Zinc: 5.6mg (37.31%), Potassium: 821.51mg (23.47%), Manganese: 0.47mg (23.32%), Vitamin B12: 1.18µg (19.63%), Vitamin B2: 0.31mg (18.17%), Vitamin B5: 1.69mg (16.93%), Iron: 2.9mg (16.13%), Copper: 0.32mg (16.11%), Magnesium: 62.83mg (15.71%), Vitamin B1: 0.19mg (12.46%), Folate: 48.9µg (12.23%), Fiber: 3.04g (12.14%), Calcium: 88.07mg (8.81%), Vitamin A: 431IU (8.62%), Vitamin C: 6.47mg (7.84%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.26µg (1.7%)