



Quick Beef Stroganoff

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound button mushrooms thinly sliced
- ☐ 2 cups rice white cooked
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.5 cup flat-leaf parsley fresh roughly chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 1.3 pounds rump steak thinly sliced
- ☐ 0.3 cup cup heavy whipping cream sour

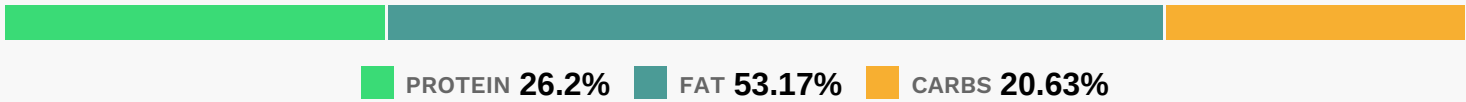
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in a large skillet over medium–high heat.Season the steak with 1 teaspoon of the salt and 1/4 teaspoon of the pepper.Cook the steak until browned on all sides, about 3 minutes.
- ☐ Transfer to a plate.Wipe out skillet.
- ☐ Add the remaining oil and place over medium–high heat.
- ☐ Add the mushrooms and cook until their juices evaporate, about 5 minutes.
- ☐ Add the sherry and broth. Bring to a boil and cook until the liquid reduces to 1/4 cup, about 5 minutes. Reduce heat to medium–low, add the sour cream, and heat until the mixture thickens.
- ☐ Transfer the steak and any juices that have collected on the plate to the skillet, and add the remaining salt and pepper.
- ☐ Heat until warmed through.Spoon the steak strips and mushroom sauce over the rice and sprinkle with the parsley.Tip: If you don't have a stash of sherry, you can substitute another fortified wine, such as Madeira, Marsala, or port.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:24.94, Inflammation Score:–7, Nutrition Score:28.736956523812%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg

Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 572.13kcal (28.61%), Fat: 32.48g (49.98%), Saturated Fat: 11.58g (72.35%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 26.62g (9.68%), Sugar: 3.31g (3.68%), Cholesterol: 90.69mg (30.23%), Sodium: 971.29mg (42.23%), Alcohol: 3.09g (100%), Alcohol %: 0.94% (100%), Protein: 36.02g (72.04%), Vitamin K: 127.83µg (121.74%), Vitamin B12: 4.04µg (67.35%), Selenium: 40.61µg (58.02%), Vitamin B3: 9.91mg (49.54%), Vitamin B2: 0.77mg (45.29%), Phosphorus: 407.07mg (40.71%), Zinc: 5.82mg (38.83%), Vitamin B6: 0.76mg (38.07%), Copper: 0.55mg (27.64%), Potassium: 927.66mg (26.5%), Manganese: 0.51mg (25.6%), Vitamin B5: 2.55mg (25.55%), Iron: 4.22mg (23.46%), Vitamin B1: 0.26mg (17.42%), Vitamin C: 12.53mg (15.19%), Vitamin A: 751.89IU (15.04%), Magnesium: 57.09mg (14.27%), Folate: 43.02µg (10.76%), Vitamin E: 1.18mg (7.88%), Fiber: 1.73g (6.92%), Calcium: 53.97mg (5.4%), Vitamin D: 0.23µg (1.51%)