



Quick steak & mushroom stroganoff



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp cooking oil
- ☐ 1 onion red chopped
- ☐ 2 garlic clove chopped
- ☐ 1 tsp paprika
- ☐ 1 bell pepper green chopped
- ☐ 200 g mushrooms sliced
- ☐ 2 tbsp red wine vinegar
- ☐ 150 ml beef stock

- ☐ 200 g rump steak lean fat removed sliced
- ☐ 150 ml frangelico fat-free
- ☐ 150 ml frangelico fat-free

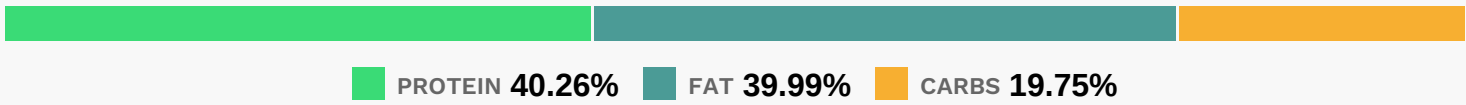
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan and fry the onion for a few mins, until soft.
- ☐ Add the garlic and paprika, and cook for 1-2 mins until fragrant.
- ☐ Add the pepper and mushrooms, and fry for 5-8 mins until softened.
- ☐ Add the vinegar, boil to reduce until almost evaporated, then pour over the stock and bubble for a few mins until thickened slightly.
- ☐ Add the beef and cook for 2-3 mins depending on how rare you like it, then stir in the fromage frais and season.
- ☐ Serve with rice or tagliatelle.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:24.764347781306%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg

Nutrients (% of daily need)

Calories: 273.21kcal (13.66%), Fat: 12.35g (19%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 10.31g (3.75%), Sugar: 6.3g (7%), Cholesterol: 61mg (20.33%), Sodium: 219.11mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.95%), Vitamin C: 55.03mg (66.7%), Vitamin B3: 12.18mg (60.9%),

Selenium: 36.49µg (52.12%), Vitamin B6: 1.01mg (50.4%), Vitamin B2: 0.63mg (36.89%), Phosphorus: 351.83mg (35.18%), Zinc: 5.05mg (33.66%), Potassium: 1029.24mg (29.41%), Copper: 0.51mg (25.42%), Vitamin B5: 2.32mg (23.22%), Vitamin B12: 1.23µg (20.5%), Iron: 3.01mg (16.75%), Vitamin A: 787.94IU (15.76%), Vitamin B1: 0.24mg (15.74%), Vitamin E: 2.14mg (14.27%), Manganese: 0.28mg (13.99%), Fiber: 3.41g (13.64%), Magnesium: 52.17mg (13.04%), Folate: 48.58µg (12.14%), Vitamin K: 11.96µg (11.39%), Calcium: 64.64mg (6.46%), Vitamin D: 0.3µg (2%)