



 11%
HEALTH SCORE

Red River Beef Stroganoff

READY IN



25 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces beef broth undiluted canned
- 2 pounds beef top sirloin steaks cut into thin strips
- 0.5 cup butter divided
- 8 servings rice cooked
- 1 teaspoon basil dried
- 0.3 cup flour all-purpose
- 4.5 ounces mushrooms drained sliced
- 2 large onion chopped
- 8 servings salt and pepper to taste

- 8 ounces cream sour
- 1 tablespoon worcestershire sauce

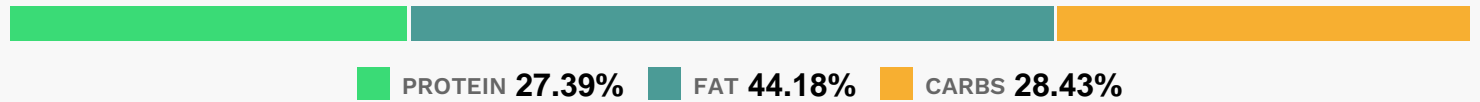
Equipment

- bowl
- frying pan

Directions

- Place flour in a shallow bowl. Dip beef in flour to coat. In a large skillet, brown beef in 1/4 cup butter in batches.
- Remove from pan and set aside.
- In the same skillet, saute onions in remaining butter until crisp-tender. Return beef to pan.
- Add the broth, mushrooms, Worcestershire sauce, basil, salt and pepper. Cook until mixture thickens, about 5 minutes.
- Just before serving, stir in sour cream; heat through (do not boil).
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:26.96, Inflammation Score:-6, Nutrition Score:17.896956379647%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 441.71kcal (22.09%), Fat: 21.45g (33.01%), Saturated Fat: 11.77g (73.56%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 29.79g (10.83%), Sugar: 3.15g (3.5%), Cholesterol: 114.13mg (38.04%), Sodium: 520.02mg (22.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.87%), Selenium: 45.3µg (64.71%), Vitamin B3: 8.83mg (44.16%), Vitamin B6: 0.87mg (43.31%), Zinc: 5.22mg (34.78%), Phosphorus: 333.22mg (33.32%),

Manganese: 0.49mg (24.36%), Vitamin B12: 1.18µg (19.68%), Vitamin B2: 0.3mg (17.88%), Potassium: 620.43mg (17.73%), Vitamin B5: 1.47mg (14.71%), Iron: 2.63mg (14.63%), Magnesium: 46.6mg (11.65%), Vitamin B1: 0.17mg (11.36%), Copper: 0.22mg (11.25%), Vitamin A: 534.52IU (10.69%), Folate: 37.49µg (9.37%), Calcium: 81.89mg (8.19%), Vitamin E: 0.81mg (5.42%), Fiber: 1.27g (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin C: 3.64mg (4.41%)