



## Russian Skillet Stroganoff

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups rice long-grain hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 pound flank steak
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.5 cup low-salt beef broth
- ☐ 8 ounce pre mushrooms
- ☐ 1 teaspoon olive oil

- ☐ 2 cups onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

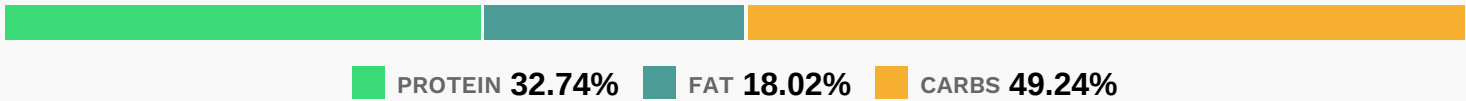
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Trim fat from steak, and cut steak diagonally across the grain into thin slices.
- ☐ Combine steak and cornstarch in a small bowl, and toss well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add steak, and saut 5 minutes.
- ☐ Add onion, and saut 1 minute.
- ☐ Add mushrooms; cover and cook 2 minutes.
- ☐ Add broth, salt, and pepper. Reduce heat, and simmer, uncovered, 5 minutes.
- ☐ Remove from heat; stir in sour cream and parsley.
- ☐ Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:26.01, Inflammation Score:-6, Nutrition Score:18.317391084588%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 293.92kcal (14.7%), Fat: 5.83g (8.97%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 33.5g (12.18%), Sugar: 4.63g (5.14%), Cholesterol: 52.32mg (17.44%), Sodium: 475.8mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Selenium: 37.72µg (53.89%), Vitamin B3: 8.02mg (40.12%), Vitamin B6: 0.75mg (37.55%), Vitamin K: 34.95µg (33.28%), Phosphorus: 296.9mg (29.69%), Zinc: 4.17mg (27.81%), Manganese: 0.54mg (26.8%), Vitamin B2: 0.39mg (22.8%), Potassium: 662.38mg (18.93%), Vitamin B5: 1.81mg (18.07%), Copper: 0.34mg (16.81%), Vitamin B12: 0.86µg (14.35%), Vitamin C: 9.77mg (11.84%), Iron: 2.12mg (11.8%), Vitamin B1: 0.17mg (11.2%), Magnesium: 44.61mg (11.15%), Folate: 43.51µg (10.88%), Fiber: 2.36g (9.43%), Calcium: 69.17mg (6.92%), Vitamin A: 207.42IU (4.15%), Vitamin E: 0.46mg (3.07%)