



Simple Beef Stroganoff

READY IN



20 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 cups extra wide egg noodles cooked (without salt or fat)
- 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- 0.3 cup cooking wine dry white
- 1 pound mushrooms fresh sliced
- 0.5 cup nonfat cream sour
- 0.5 cup onion sliced
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.8 pound beef top sirloin steaks boneless lean

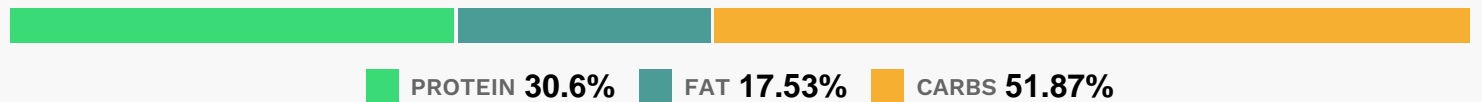
Equipment

frying pan

Directions

- Trim fat from steak; cut steak into thin slices. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add steak; saute 5 minutes.
- Add onion and mushrooms; saute 5 minutes. Reduce heat to medium-low.
- Add wine, salt, and pepper; cook 2 minutes.
- Combine soup and sour cream; stir into steak mixture. Cook until thoroughly heated.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:15.25, Inflammation Score:-4, Nutrition Score:17.670869508515%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 313.15kcal (15.66%), Fat: 5.98g (9.21%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 37.3g (13.56%), Sugar: 2.71g (3.01%), Cholesterol: 72.52mg (24.17%), Sodium: 526.62mg (22.9%), Alcohol: 1.03g (100%), Alcohol %: 0.38% (100%), Protein: 23.5g (47.01%), Selenium: 54.27µg (77.53%), Vitamin B3: 7.37mg (36.87%), Phosphorus: 314.59mg (31.46%), Manganese: 0.61mg (30.6%), Zinc: 4.13mg (27.54%), Vitamin B2: 0.46mg (27.08%), Vitamin B6: 0.54mg (26.76%), Copper: 0.51mg (25.65%), Vitamin B5: 1.94mg (19.37%), Potassium: 604.84mg (17.28%), Vitamin B12: 0.81µg (13.5%), Iron: 2.43mg (13.5%), Magnesium: 53mg (13.25%),

Vitamin B1: 0.16mg (10.95%), Fiber: 2.55g (10.18%), Folate: 36.93µg (9.23%), Calcium: 59.53mg (5.95%), Vitamin C: 2.57mg (3.12%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.27µg (1.81%), Vitamin A: 74.8IU (1.5%)