



Simple Beef Stroganoff

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup fat free canned
- ☐ 8 ounce extra wide egg noodles
- ☐ 1 tablespoon garlic powder
- ☐ 1 pound ground beef
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cup heavy whipping cream sour

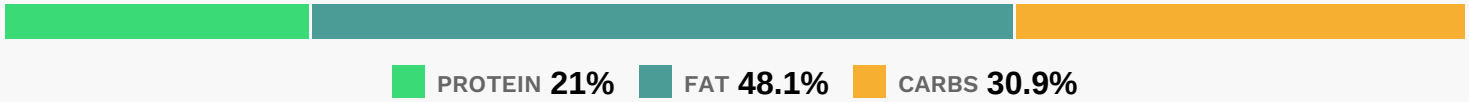
Equipment

- ☐ frying pan

Directions

- ☐ Prepare the egg noodles according to package directions and set aside.
- ☐ In a separate large skillet over medium heat, saute the ground beef over medium heat for 5 to 10 minutes, or until browned.
- ☐ Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.
- ☐ Remove from heat and combine the meat mixture with the egg noodles.
- ☐ Add the sour cream, stirring well, and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:17.02, Inflammation Score:-4, Nutrition Score:20.663913248674%

Nutrients (% of daily need)

Calories: 615.78kcal (30.79%), Fat: 32.62g (50.18%), Saturated Fat: 13.19g (82.46%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 44.95g (16.35%), Sugar: 2.09g (2.33%), Cholesterol: 148.91mg (49.64%), Sodium: 831.97mg (36.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.07%), Selenium: 63.23µg (90.33%), Vitamin B12: 2.77µg (46.22%), Zinc: 6.82mg (45.48%), Manganese: 0.75mg (37.4%), Phosphorus: 368.04mg (36.8%), Vitamin B3: 6.71mg (33.56%), Vitamin B6: 0.56mg (28.2%), Iron: 3.95mg (21.92%), Copper: 0.41mg (20.3%), Vitamin B2: 0.32mg (18.57%), Potassium: 600.36mg (17.15%), Magnesium: 61.92mg (15.48%), Vitamin B5: 1.34mg (13.43%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.2g (8.81%), Folate: 32.38µg (8.09%), Calcium: 74.04mg (7.4%), Vitamin E: 0.8mg (5.32%), Vitamin A: 214.27IU (4.29%), Vitamin K: 2.76µg (2.63%), Vitamin D: 0.28µg (1.89%)