



Sirloin Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth
- 2 cups extra wide egg noodles hot cooked uncooked (3 ounces pasta)
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 8 ounce pre- mushrooms
- 0.3 teaspoon paprika
- 0.3 teaspoon pepper
- 1.5 cups onion red chopped
- 0.5 teaspoon salt

- 1 pound rump steak boneless
- 0.8 cup cup heavy whipping cream fat-free sour
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan

Directions

- Trim fat from steak.
- Cut beef diagonally across grain into thin slices. Set aside.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion; saut 6 minutes.
- Add mushrooms; saut 4 minutes or until tender.
- Combine flour and next 3 ingredients in a bowl.
- Add beef, tossing to coat.
- Heat oil in pan over high heat.
- Add beef; saut 6 minutes or until beef is done.
- Add reserved onion mixture and broth. Bring to a boil, reduce heat, and simmer 2 minutes or until sauce is thick.
- Remove from heat; stir in sour cream.
- Sprinkle with parsley.
- Serve over noodles.

Nutrition Facts



PROTEIN 27.26% **FAT 40.65%** **CARBS 32.09%**

Properties

Glycemic Index:65.75, Glycemic Load:13.36, Inflammation Score:-7, Nutrition Score:23.896956609643%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 469.24kcal (23.46%), Fat: 21.15g (32.54%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.73g (12.63%), Sugar: 4.21g (4.68%), Cholesterol: 90.58mg (30.19%), Sodium: 591.65mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Selenium: 47.29µg (67.56%), Vitamin K: 66.19µg (63.04%), Vitamin B12: 3.41µg (56.8%), Phosphorus: 377.91mg (37.79%), Vitamin B3: 7.22mg (36.09%), Vitamin B2: 0.56mg (33.08%), Zinc: 4.93mg (32.84%), Vitamin B6: 0.62mg (30.99%), Potassium: 757.99mg (21.66%), Manganese: 0.43mg (21.28%), Iron: 3.69mg (20.52%), Copper: 0.39mg (19.62%), Vitamin B1: 0.26mg (17.49%), Vitamin B5: 1.53mg (15.3%), Magnesium: 58.94mg (14.73%), Folate: 51.73µg (12.93%), Vitamin C: 10.62mg (12.87%), Fiber: 2.85g (11.39%), Vitamin A: 506.12IU (10.12%), Calcium: 95.27mg (9.53%), Vitamin E: 0.41mg (2.71%), Vitamin D: 0.19µg (1.29%)