



Skillet Beef Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon beef-flavored bouillon granules
- 3 cups wide egg noodles hot cooked (without salt or fat)
- 1 tablespoon flour all-purpose
- 2 cups mushrooms fresh sliced
- 1 tablespoon hungarian paprika sweet
- 0.5 cup cup heavy whipping cream sour low-fat
- 1 large onion sliced
- 0.5 teaspoon pepper
- 12 ounce round steak boneless lean

- 0.3 teaspoon salt
- 0.8 cup water

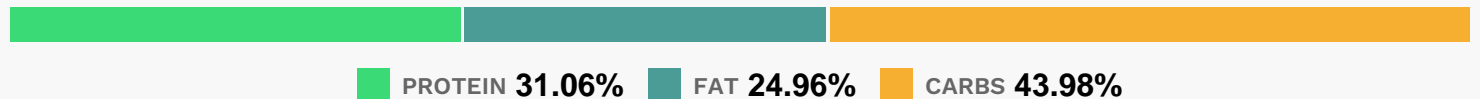
Equipment

- frying pan
- paper towels

Directions

- Partially freeze steak; trim fat. Slice steak diagonally across grain into very thin strips; cut strips into 2-inch pieces.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add steak, and cook 5 minutes or until browned on all sides.
- Remove steak from skillet; drain. Wipe drippings from skillet with a paper towel. Coat skillet with cooking spray.
- Add onion; cook, stirring constantly, 5 minutes.
- Add mushrooms; cook, stirring constantly, 3 minutes.
- Combine water, flour, paprika, and bouillon granules, stirring until smooth; add to skillet. Stir in steak. Reduce heat to medium-low; cook, stirring constantly, until mixture reaches a simmer. Cook, uncovered, an additional 10 minutes, stirring occasionally.
- Remove skillet from heat; stir in sour cream, salt, and pepper. To serve, spoon 3/4 cup noodles onto each serving plate; spoon beef mixture evenly over noodles.
- Sprinkle with minced parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:16.61, Inflammation Score:-7, Nutrition Score:21.351739199265%

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: 362.14kcal (18.11%), Fat: 10.06g (15.48%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 36.59g (13.31%), Sugar: 3.31g (3.68%), Cholesterol: 98.45mg (32.82%), Sodium: 291.08mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Selenium: 59.37µg (84.82%), Vitamin B3: 8.44mg (42.22%), Vitamin B6: 0.76mg (38.09%), Phosphorus: 361.05mg (36.11%), Zinc: 4.98mg (33.22%), Vitamin B12: 1.86µg (30.96%), Manganese: 0.53mg (26.73%), Vitamin B2: 0.43mg (25.41%), Copper: 0.4mg (20.05%), Vitamin A: 983.57IU (19.67%), Potassium: 659.58mg (18.85%), Iron: 3.35mg (18.61%), Vitamin B5: 1.71mg (17.11%), Magnesium: 61.93mg (15.48%), Vitamin B1: 0.21mg (13.71%), Fiber: 3.28g (13.13%), Folate: 42.32µg (10.58%), Calcium: 88.98mg (8.9%), Vitamin E: 1.07mg (7.14%), Vitamin C: 4.06mg (4.92%), Vitamin K: 3.13µg (2.99%), Vitamin D: 0.36µg (2.39%)