



Skillet Stroganoff

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon beef-flavored bouillon granules
- 1 tablespoon parsley flakes dried
- 0.5 teaspoon tarragon dried
- 2.5 cups extra wide egg noodles uncooked
- 2 egg whites
- 0.5 cup green onions sliced
- 0.5 pound ground pork lean
- 0.5 pound ground turkey breast raw
- 0.5 cup heavy whipping cream sour low-fat

- 4 ounce mushroom stems and pieces drained canned
- 0.5 teaspoon onion powder
- 1 cup rye breadcrumbs fresh
- 2 cups water

Equipment

- bowl
- frying pan
- paper towels

Directions

- Combine turkey, pork, and next 5 ingredients (breadcrumbs through egg whites) in a bowl, and stir well. Shape mixture into 24 (1-inch) meatballs. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- Add meatballs, and cook 6 minutes, browning on all sides.
- Drain well. Wipe drippings from skillet with a paper towel.
- Return meatballs to skillet.
- Add water, bouillon granules, and mushrooms; bring to a boil. Stir in noodles; cover, reduce heat, and simmer 10 minutes or until noodles are tender, stirring occasionally.
- Remove from heat; stir in sour cream.
- Sprinkle with green onions.

Nutrition Facts



PROTEIN 26.92% **FAT 29.79%** **CARBS 43.29%**

Properties

Glycemic Index:29.67, Glycemic Load:5.05, Inflammation Score:-7, Nutrition Score:26.344347896783%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin:

1.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 371.85kcal (18.59%), Fat: 12.71g (19.55%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 31.59g (11.49%), Sugar: 1.53g (1.7%), Cholesterol: 68.05mg (22.68%), Sodium: 284.63mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Manganese: 2.86mg (142.9%), Selenium: 54.95µg (78.5%), Phosphorus: 478.15mg (47.81%), Vitamin B3: 8.64mg (43.18%), Fiber: 9.97g (39.87%), Vitamin B6: 0.7mg (34.98%), Magnesium: 134.81mg (33.7%), Vitamin B1: 0.48mg (31.79%), Zinc: 4.28mg (28.53%), Vitamin B2: 0.42mg (24.88%), Vitamin K: 24.29µg (23.13%), Copper: 0.45mg (22.58%), Iron: 3.84mg (21.33%), Potassium: 705.49mg (20.16%), Vitamin B5: 1.64mg (16.36%), Vitamin B12: 0.61µg (10.14%), Calcium: 77.55mg (7.75%), Folate: 27.9µg (6.98%), Vitamin E: 0.77mg (5.15%), Vitamin A: 185.67IU (3.71%), Vitamin C: 2.94mg (3.56%), Vitamin D: 0.27µg (1.83%)