



## Skillet Stroganoff

READY IN



30 min.

SERVINGS



15

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons flour all-purpose
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.5 cup cream sour low-fat
- 0.5 cup beef broth low-sodium
- 0.8 cup milk
- 1.5 cups mushrooms sliced
- 15 servings salt and pepper
- 1 pound top round boneless thinly sliced

- 2 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 8 ounces extra wide egg noodles
- 0.5 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot

## Directions

- Bring a large pot of salted water to a boil and cook noodles according to package label directions until tender, about 9 minutes.
- Drain well.
- Warm oil in a skillet over medium-high heat.
- Add beef and cook, stirring, until just cooked, about 4 minutes.
- Remove beef to a paper towel-lined bowl.
- Drain all but 2 Tbsp. fat from skillet.
- Add mushrooms; saut until tender and water has released, 3 to 4 minutes.
- Transfer to bowl with beef.
- In same skillet, melt butter over medium-high heat.
- Add garlic; saut 1 minute.
- Mix flour, 1/4 tsp. salt and 1/2 tsp. pepper.
- Whisk into butter mixture and cook, whisking constantly, for 1 minute.
- Mix milk, broth and Worcestershire. Slowly whisk milk mixture into flour mixture. Cook, whisking constantly, until sauce is bubbly and beginning to thicken, 2 to 3 minutes. Reduce heat to low, add sour cream and whisk until heated through.

Return beef and mushrooms to skillet. Stir in noodles. Season with salt and pepper, sprinkle with parsley and serve.

## Nutrition Facts



■ PROTEIN 29.17% ■ FAT 33.85% ■ CARBS 36.98%

### Properties

Glycemic Index:16.73, Glycemic Load:5.4, Inflammation Score:-2, Nutrition Score:7.7773913456046%

### Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 143.5kcal (7.18%), Fat: 5.36g (8.25%), Saturated Fat: 2.37g (14.78%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.53g (4.56%), Sugar: 1.11g (1.24%), Cholesterol: 39.31mg (13.1%), Sodium: 245.81mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Selenium: 23.34µg (33.34%), Vitamin K: 15.44µg (14.71%), Vitamin B3: 2.84mg (14.18%), Phosphorus: 132.92mg (13.29%), Vitamin B6: 0.26mg (13.16%), Zinc: 1.83mg (12.22%), Vitamin B12: 0.56µg (9.29%), Manganese: 0.15mg (7.69%), Vitamin B2: 0.13mg (7.63%), Potassium: 239.96mg (6.86%), Iron: 1.05mg (5.84%), Copper: 0.11mg (5.69%), Vitamin B1: 0.08mg (5.45%), Vitamin B5: 0.54mg (5.44%), Magnesium: 20.21mg (5.05%), Calcium: 40.81mg (4.08%), Folate: 14.22µg (3.56%), Vitamin A: 168.52IU (3.37%), Fiber: 0.66g (2.63%), Vitamin E: 0.3mg (1.99%), Vitamin C: 1.49mg (1.8%), Vitamin D: 0.24µg (1.61%)