

Skillet Stroganoff







ANTIPASTI

STARTER

SNACK

APPETIZER

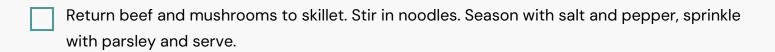
Ingredients

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.	



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, Kaempferol: 0.01mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, 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: Og (100%), Alcohol %: O% (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%)