



Skinny Beef Stroganoff

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth flavored (from 32-oz carton)
- 1.5 lb beef top sirloin steaks boneless
- 2 teaspoons canola oil
- 6 cups egg noodles hot cooked
- 1 teaspoon basil dried
- 0.3 cup flour all-purpose
- 1 teaspoon garlic finely chopped
- 1 tablespoon catsup
- 1 cup cream sour reduced-fat

- 4.5 oz mushrooms drained sliced
- 1 cup onion chopped (1 large)
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 teaspoons worcestershire sauce

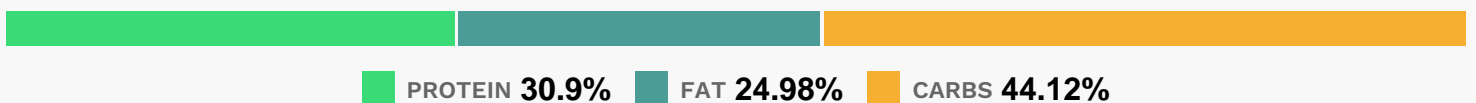
Equipment

- bowl
- frying pan
- whisk

Directions

- Cut the beef with the grain into 2-inch strips, then cut the strips across the grain into 1/8-inch slices. In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add beef; cook 4 to 6 minutes, stirring occasionally, until brown.
- Add onion and garlic to skillet; cook 2 minutes, stirring occasionally.
- Stir in 1 1/2 cups of the broth, the Worcestershire sauce, basil, salt and pepper.
- Heat to boiling. Reduce heat; cover and simmer 15 to 20 minutes, stirring occasionally, until beef is tender. In small bowl, mix flour and remaining 1/2 cup broth with wire whisk until blended.
- Add to skillet.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Stir in mushrooms and ketchup; cook until thoroughly heated, stirring occasionally.
- Remove from heat; stir in sour cream until well blended.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:17.1, Inflammation Score:-4, Nutrition Score:17.364782659904%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 356.69kcal (17.83%), Fat: 9.8g (15.07%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 36.82g (13.39%), Sugar: 2.42g (2.69%), Cholesterol: 95.04mg (31.68%), Sodium: 503.89mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.55%), Selenium: 59.18µg (84.55%), Vitamin B3: 7.36mg (36.78%), Vitamin B6: 0.65mg (32.64%), Phosphorus: 325.9mg (32.59%), Zinc: 4.49mg (29.95%), Manganese: 0.48mg (24.1%), Vitamin B12: 1.08µg (17.94%), Potassium: 561.58mg (16.05%), Vitamin B2: 0.27mg (15.94%), Iron: 2.81mg (15.59%), Magnesium: 54.86mg (13.71%), Copper: 0.26mg (13.21%), Vitamin B5: 1.17mg (11.69%), Vitamin B1: 0.17mg (11.23%), Folate: 38.3µg (9.57%), Calcium: 90.25mg (9.02%), Fiber: 2.12g (8.49%), Vitamin E: 0.76mg (5.04%), Vitamin K: 4.22µg (4.02%), Vitamin C: 2.66mg (3.22%), Vitamin A: 133.19IU (2.66%), Vitamin D: 0.21µg (1.4%)