



Slow-Cooker Beef Stroganoff

READY IN



450 min.

SERVINGS



30

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup beef broth fat-free reduced-sodium
- 2 lb beef stew meat cut into 1-inch cubes
- 1 cup knudsen cream sour
- 1 Tbsp grey poupon dijon mustard
- 16 oz extra wide egg noodles uncooked
- 2 Tbsp flour
- 10 oz mushrooms fresh cut in half
- 2 Tbsp parsley fresh chopped
- 1 clove garlic minced

- 1 onion chopped
- 2 tsp paprika

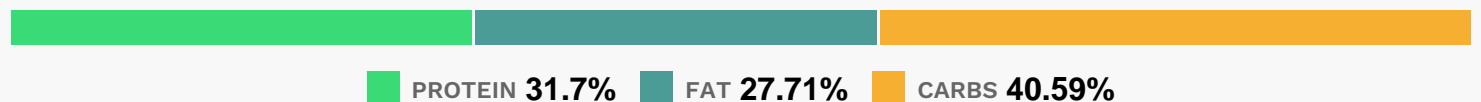
Equipment

- bowl
- slow cooker

Directions

- Place meat, mushrooms, onions and garlic in slow cooker.
- Add broth and paprika. Cover with lid. Cook on LOW 7 to 8 hours (or on HIGH 5 hours).
- Mix flour, sour cream and mustard until blended.
- Add to ingredients in slow cooker; mix well. Cook, covered, on LOW 15 min. Meanwhile, cook noodles as directed on package, omitting salt.
- Drain noodles; place in large serving bowl.
- Add meat mixture; mix lightly.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:4.96, Inflammation Score:-2, Nutrition Score:6.7708695997363%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 122.42kcal (6.12%), Fat: 3.74g (5.75%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 11.57g (4.21%), Sugar: 0.92g (1.02%), Cholesterol: 35.97mg (11.99%), Sodium: 43.54mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Selenium: 21.84µg (31.19%), Vitamin B3: 2.77mg

(13.83%), Vitamin B6: 0.25mg (12.64%), Phosphorus: 118.33mg (11.83%), Zinc: 1.65mg (10.97%), Vitamin B12: 0.62µg (10.39%), Manganese: 0.15mg (7.68%), Vitamin B2: 0.12mg (6.99%), Potassium: 207.58mg (5.93%), Iron: 1.05mg (5.84%), Copper: 0.11mg (5.51%), Vitamin B1: 0.07mg (4.7%), Magnesium: 18.79mg (4.7%), Vitamin K: 4.86µg (4.63%), Vitamin B5: 0.45mg (4.51%), Folate: 12.49µg (3.12%), Vitamin A: 154.44IU (3.09%), Fiber: 0.75g (3.02%), Calcium: 21.18mg (2.12%), Vitamin E: 0.23mg (1.51%), Vitamin C: 0.91mg (1.1%)