



Slow-Cooker Beef Stroganoff

READY IN



315 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 2 lb beef top sirloin steaks boneless cut into 3x1/2x1/4-inch strips
- 1 cup onion chopped
- 2 cloves garlic finely chopped
- 10.5 oz cream of mushroom soup canned
- 8 oz mushrooms fresh sliced
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 4 oz cream cheese cubed (from 8-oz package)

- 8 oz cream sour
- 6 cups noodles hot cooked

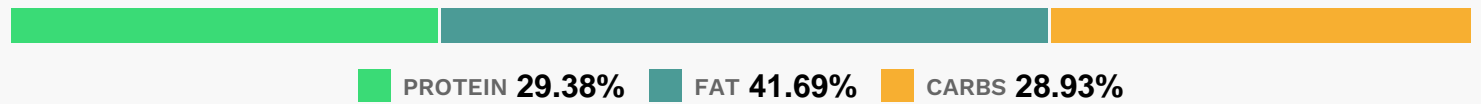
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, melt butter over medium-high heat.
- Add beef strips, onion and garlic; cook 7 to 9 minutes or until beef is browned.
- In 3 1/2- to 4 1/2-quart slow cooker, mix beef mixture, soup, mushrooms, salt and pepper.
- Cover; cook on low heat setting 5 to 6 hours or until beef is tender.
- Stir cream cheese into beef mixture until melted. Stir in sour cream until well blended.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:13.33, Inflammation Score:-6, Nutrition Score:20.20739139163%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 478.07kcal (23.9%), Fat: 21.98g (33.81%), Saturated Fat: 11.48g (71.75%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 31.99g (11.63%), Sugar: 3.41g (3.79%), Cholesterol: 115.06mg (38.35%), Sodium: 574.8mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Selenium: 63.38µg (90.54%), Vitamin B3: 9.12mg (45.59%), Vitamin B6: 0.85mg (42.65%), Zinc: 5.76mg (38.38%), Phosphorus: 371.02mg (37.1%), Manganese: 0.47mg (23.63%), Vitamin B2: 0.38mg (22.29%), Vitamin B12: 1.24µg (20.66%), Iron: 3.45mg (19.19%), Potassium: 669.56mg (19.13%), Copper: 0.36mg (17.93%), Vitamin B5: 1.55mg (15.49%), Magnesium: 53.65mg (13.41%), Vitamin A: 545.07IU (10.9%), Vitamin B1: 0.15mg (10.21%), Fiber: 2.32g (9.26%), Folate: 35.36µg (8.84%),

Calcium: 83.86mg (8.39%), Vitamin E: 0.77mg (5.15%), Vitamin C: 2.56mg (3.11%), Vitamin K: 2.66µg (2.54%)