



Slow-Cooker Beef Stroganoff

READY IN



315 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.5 teaspoon salt
- ☐ 8 oz cream sour

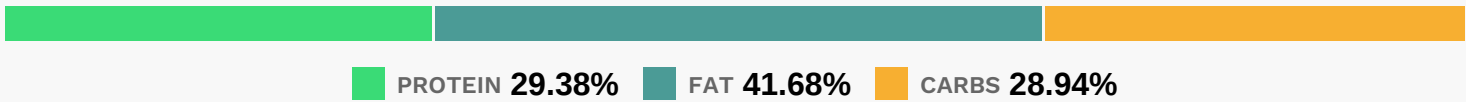
Equipment

- ☐ 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:20.231304484865%

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: 478.61kcal (23.93%), Fat: 22g (33.85%), Saturated Fat: 11.49g (71.82%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.04g (11.65%), Sugar: 3.41g (3.79%), Cholesterol: 115.1mg (38.37%), Sodium: 581.09mg (25.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.78%), Selenium: 63.38µg (90.54%), Vitamin B3: 9.13mg (45.63%), Vitamin B6: 0.85mg (42.66%), Zinc: 5.77mg (38.44%), Phosphorus: 371.27mg (37.13%), Manganese: 0.48mg (23.76%), Vitamin B2: 0.38mg (22.32%), Vitamin B12: 1.24µg (20.68%), Iron: 3.46mg (19.23%), Potassium: 670.68mg (19.16%), Copper: 0.36mg (18.02%), Vitamin B5: 1.55mg (15.51%), Magnesium: 53.71mg (13.43%), Vitamin A: 545.07IU (10.9%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.32g (9.27%), Folate: 35.42µg

(8.85%), Calcium: 83.9mg (8.39%), Vitamin E: 0.77mg (5.15%), Vitamin C: 2.56mg (3.11%), Vitamin K: 2.66µg (2.54%)