



19%
HEALTH SCORE

Slow Cooker Beef Stroganoff

 Gluten Free

READY IN



490 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound stew meat cubed
- 10.8 ounce cream of mushroom soup canned
- 4 ounces cream cheese
- 0.5 cup onion chopped
- 0.3 cup water
- 1 tablespoon worcestershire sauce

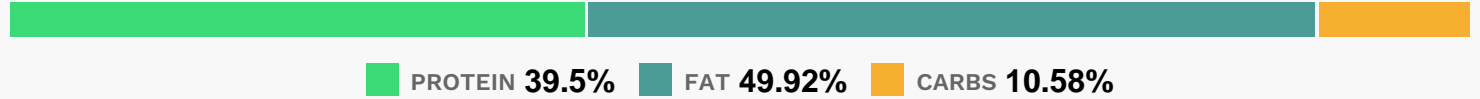
Equipment

- slow cooker

Directions

- In a slow cooker, combine the meat, soup, onion, Worcestershire sauce and water.
- Cook on Low setting for 8 hours, or on High setting for about 5 hours. Stir in cream cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:16.347826159519%

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: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 315.73kcal (15.79%), Fat: 17.23g (26.5%), Saturated Fat: 8.58g (53.6%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.72g (2.81%), Sugar: 2.34g (2.6%), Cholesterol: 102.75mg (34.25%), Sodium: 749.49mg (32.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.33%), Selenium: 33.97µg (48.53%), Vitamin B3: 8.43mg (42.13%), Vitamin B6: 0.81mg (40.54%), Zinc: 5.74mg (38.27%), Vitamin B12: 2.28µg (38.04%), Phosphorus: 304.58mg (30.46%), Vitamin B2: 0.3mg (17.84%), Iron: 3.17mg (17.6%), Potassium: 583.31mg (16.67%), Copper: 0.29mg (14.36%), Manganese: 0.27mg (13.67%), Magnesium: 37.8mg (9.45%), Vitamin B1: 0.14mg (9.29%), Vitamin B5: 0.83mg (8.25%), Vitamin A: 384.49IU (7.69%), Folate: 26.77µg (6.69%), Calcium: 61.68mg (6.17%), Vitamin E: 0.59mg (3.94%), Vitamin C: 2.03mg (2.46%), Vitamin K: 2.08µg (1.98%), Fiber: 0.49g (1.97%)