



Slow-Cooker Beef Stroganoff (Cooking for 2)

READY IN



490 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound stew meat
- ☐ 0.3 cup onion chopped
- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 2.5 ounces mushrooms drained sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup cream sour
- ☐ 1.5 cups noodles hot cooked

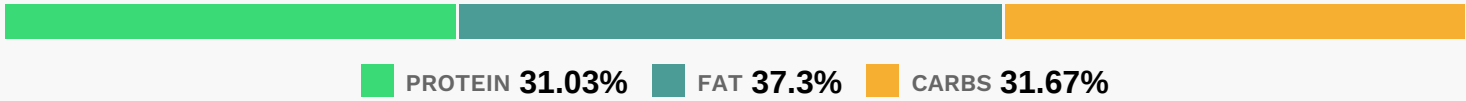
Equipment

☐ slow cooker

Directions

- ☐ In 2 1/2- to 3 1/2-quart slow cooker, mix beef, onion, soup, mushrooms and pepper.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until beef is very tender.
- ☐ Stir sour cream into beef mixture.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:13.1, Inflammation Score:-5, Nutrition Score:24.683478302282%

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: 520.91kcal (26.05%), Fat: 21.4g (32.92%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.27g (13.92%), Sugar: 4g (4.45%), Cholesterol: 111.85mg (37.28%), Sodium: 1165.17mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.1%), Selenium: 60.21µg (86.01%), Vitamin B3: 10.74mg (53.72%), Zinc: 7.25mg (48.35%), Vitamin B6: 0.93mg (46.47%), Phosphorus: 419.28mg (41.93%), Vitamin B12: 2.48µg (41.28%), Manganese: 0.82mg (41.07%), Copper: 0.64mg (31.83%), Vitamin B2: 0.54mg (31.48%), Iron: 4.8mg (26.68%), Potassium: 832.89mg (23.8%), Vitamin B5: 1.63mg (16.33%), Magnesium: 64.9mg (16.22%), Vitamin B1: 0.2mg (13.54%), Folate: 44.87µg (11.22%), Fiber: 2.62g (10.47%), Calcium: 98.1mg (9.81%), Vitamin A: 359.31IU (7.19%), Vitamin E: 0.62mg (4.14%), Vitamin C: 2.74mg (3.32%), Vitamin K: 2.51µg (2.39%)