

Slow Cooker Beef Stroganoff II

READY IN



530 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cubes beef bouillon from cube
- 21.5 ounce cream of mushroom soup canned
- 16 ounce extra wide egg noodles
- 0.3 cup flour all-purpose for coating
- 1.5 pounds round steak cubed
- 1 cup cream sour
- 2 tablespoons vegetable oil
- 3.5 cups water

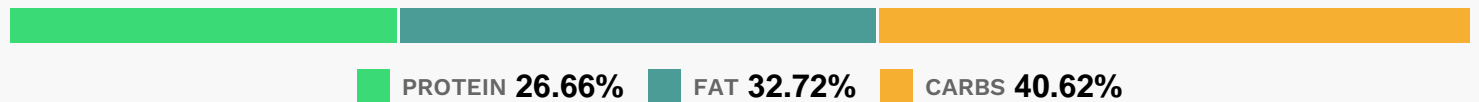
Equipment

- frying pan
- slow cooker

Directions

- Heat oil in a large skillet over medium high heat.
- Roll the beef in flour and saute in the hot oil until well browned, about 5 minutes.
- Transfer the meat to the slow cooker and top with the soup, water and bouillon.
- Cook on high setting for 8 hours. Stir in the sour cream during the last 30 minutes.
- Cook the egg noodles according to package directions.
- Serve the meat over the noodles.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:25.48, Inflammation Score:-5, Nutrition Score:26.912608723278%

Nutrients (% of daily need)

Calories: 646.1kcal (32.3%), Fat: 23.24g (35.75%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 62.07g (22.57%), Sugar: 2.74g (3.05%), Cholesterol: 162.64mg (54.21%), Sodium: 827.08mg (35.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.6g (85.21%), Selenium: 95.2µg (136%), Vitamin B3: 10.69mg (53.43%), Zinc: 7.61mg (50.74%), Manganese: 1.01mg (50.35%), Phosphorus: 498.41mg (49.84%), Vitamin B6: 0.98mg (48.87%), Vitamin B12: 2.61µg (43.45%), Copper: 0.58mg (28.94%), Iron: 4.82mg (26.8%), Vitamin B2: 0.4mg (23.79%), Potassium: 766.19mg (21.89%), Magnesium: 85.71mg (21.43%), Vitamin B1: 0.31mg (20.34%), Vitamin B5: 1.8mg (18%), Folate: 55.65µg (13.91%), Fiber: 2.84g (11.35%), Vitamin K: 10.67µg (10.16%), Calcium: 96.96mg (9.7%), Vitamin E: 1.14mg (7.6%), Vitamin A: 285.69IU (5.71%), Vitamin D: 0.34µg (2.27%)