



Slow-Cooker Beef Stroganoff Stew

READY IN



350 min.

SERVINGS



5

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb fat-trimmed beef flank steak boneless cut into 1/2-inch pieces
- 36 oz cream of mushroom soup progresso® canned
- 2 tablespoons parsley fresh chopped
- 1 clove garlic finely chopped
- 0.5 cup onion chopped
- 1 cup cream sour
- 0.5 cup water
- 4 oz extra wide egg noodles uncooked

Equipment

slow cooker

Directions

In 3 1/2- to 4-quart slow cooker, layer onion, garlic and beef.

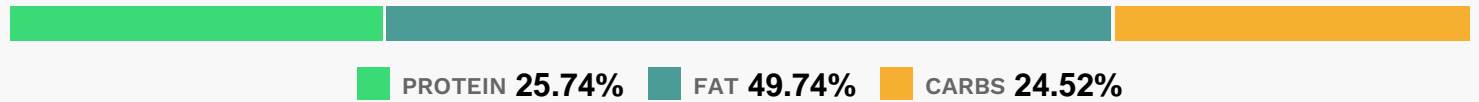
Pour soup and water over beef.

Cover; cook on Low heat setting 5 to 7 hours.

Stir noodles into mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until noodles are tender. Stir in sour cream.

Garnish individual servings with parsley.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:7.18, Inflammation Score:-5, Nutrition Score:20.297826067261%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 499.25kcal (24.96%), Fat: 27.69g (42.6%), Saturated Fat: 13.08g (81.74%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.21g (10.62%), Sugar: 2.69g (2.99%), Cholesterol: 111.74mg (37.24%), Sodium: 1516.2mg (65.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.47%), Selenium: 41.88µg (59.82%), Zinc: 7.54mg (50.27%), Manganese: 0.84mg (42.23%), Vitamin B3: 6.84mg (34.21%), Vitamin B12: 1.99µg (33.25%), Phosphorus: 285.93mg (28.59%), Copper: 0.57mg (28.44%), Vitamin K: 28.48µg (27.12%), Vitamin B6: 0.54mg (26.98%), Vitamin B2: 0.44mg (26.09%), Iron: 3.6mg (19.97%), Potassium: 647.78mg (18.51%), Magnesium: 53.88mg (13.47%), Vitamin B1: 0.18mg (11.89%), Vitamin A: 449.41IU (8.99%), Folate: 31.84µg (7.96%), Vitamin B5: 0.78mg (7.79%), Calcium: 76.6mg (7.66%), Fiber: 1.49g (5.98%), Vitamin C: 3.91mg (4.74%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.16µg (1.06%)