



Slow-Cooker Herbed Beef Stroganoff

READY IN



495 min.

SERVINGS



8

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb stew meat
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 large onion
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon beef bouillon granules
- ☐ 16 oz extra wide egg noodles
- ☐ 8 oz cream sour
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon flour all-purpose

☐ 1 cup tomatoes chopped

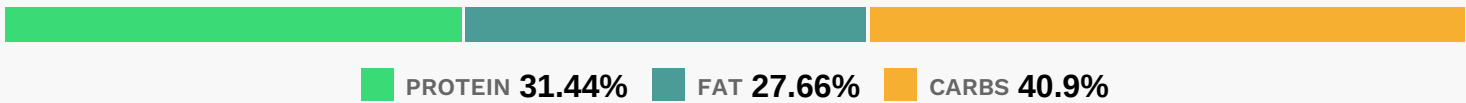
Equipment

☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, place beef, mushrooms, onion, pepper and bouillon granules.
- ☐ Cover and cook on Low heat setting 8 to 9 hours.
- ☐ About 20 minutes before serving, cook and drain noodles as directed on package. Gently stir sour cream and thyme into drained noodles.
- ☐ Sprinkle flour over beef mixture in cooker; gently stir into mixture. Increase heat setting to High. Cover and cook 3 minutes.
- ☐ Serve beef mixture over noodles; top with tomato.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:18.28, Inflammation Score:-7, Nutrition Score:23.535652357599%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 454.59kcal (22.73%), Fat: 13.83g (21.28%), Saturated Fat: 5.5g (34.39%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 43.27g (15.73%), Sugar: 3.97g (4.41%), Cholesterol: 134.69mg (44.9%), Sodium: 237.35mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.78%), Selenium: 80.36µg (114.8%), Vitamin B3: 10.12mg (50.58%), Vitamin B6: 0.94mg (47.21%), Phosphorus: 439.07mg (43.91%), Zinc: 6.12mg (40.82%), Vitamin B12: 2.34µg (38.99%), Manganese: 0.58mg (29.18%), Vitamin B2: 0.41mg (24.12%), Iron: 3.77mg (20.95%), Potassium: 728.01mg (20.8%), Copper: 0.4mg (19.83%), Magnesium: 70.44mg (17.61%), Vitamin B1: 0.25mg (16.99%), Vitamin B5: 1.58mg (15.79%), Folate: 46.1µg (11.52%), Fiber: 2.77g (11.09%), Calcium: 78.85mg (7.89%),

Vitamin A: 379.52IU (7.59%), Vitamin C: 5.19mg (6.29%), Vitamin E: 0.77mg (5.11%), Vitamin K: 3.72µg (3.54%),
Vitamin D: 0.23µg (1.51%)