

Stroganoff

READY IN



40 min.

SERVINGS



7

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon flour all-purpose
- 1 pound ground beef
- 8 ounces .5 oz. macaroni
- 0.5 cup onion chopped
- 0.3 teaspoon paprika
- 0.5 teaspoon salt
- 1 cup cream sour

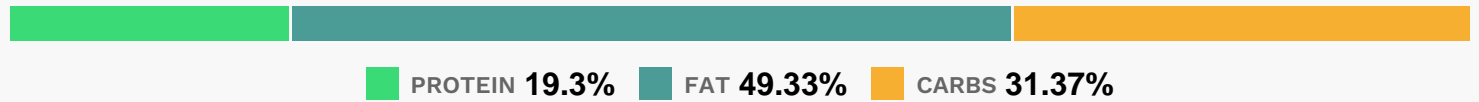
Equipment

frying pan

Directions

- In a large skillet over medium heat, saute the meat and onions for 10 minutes, or until the meat is browned and the onion is tender. Stir in the flour, salt and paprika. Then add the mushroom soup, mix well and cook, uncovered, for 20 minutes.
- Reduce heat to low and add the sour cream, stirring well and allowing to heat through. Cover and set this mixture aside.
- Cook the egg noodles according to package directions.
- Drain the water from the noodles and pour the meat mixture over the noodles.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:11.67478252753%

Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 385.08kcal (19.25%), Fat: 20.9g (32.15%), Saturated Fat: 8.91g (55.69%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 28.53g (10.37%), Sugar: 2.48g (2.76%), Cholesterol: 67.57mg (22.52%), Sodium: 530.85mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.8%), Selenium: 31.84µg (45.48%), Vitamin B12: 1.53µg (25.42%), Zinc: 3.78mg (25.22%), Manganese: 0.46mg (23.07%), Phosphorus: 205.91mg (20.59%), Vitamin B3: 3.8mg (18.98%), Vitamin B6: 0.3mg (15.1%), Vitamin B2: 0.21mg (12.11%), Iron: 2.1mg (11.65%), Copper: 0.23mg (11.64%), Potassium: 362.63mg (10.36%), Magnesium: 36.03mg (9.01%), Vitamin B5: 0.68mg (6.79%), Vitamin B1: 0.09mg (5.75%), Calcium: 56.45mg (5.65%), Fiber: 1.37g (5.49%), Folate: 19.55µg (4.89%), Vitamin A: 240.11IU (4.8%), Vitamin E: 0.45mg (3%), Vitamin K: 1.8µg (1.71%), Vitamin C: 1.14mg (1.38%)