



Stroganoff steaks

READY IN



25 min.

SERVINGS



2

CALORIES



1315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion sliced
- ☐ 25 g butter
- ☐ 1 garlic clove chopped
- ☐ 200 g pack chestnut mushroom sliced
- ☐ 0.5 tsp paprika
- ☐ 1 tbsp vegetable oil
- ☐ 2 sirloin steak
- ☐ 150 ml beef stock
- ☐ 142 ml cream

- ☐ 1 handful parsley chopped
- ☐ 2 servings tagliatelle

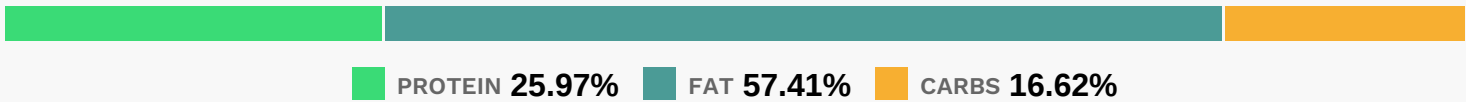
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Fry the onion in the butter in a large frying pan until soft. Stir in the garlic and mushrooms and fry over high heat until browned.
- ☐ Add the paprika, fry for 30 seconds, then tip into a bowl.
- ☐ Heat the vegetable oil in the same pan, and cook the steaks for 2–3 minutes each side; keep warm. Return mushrooms to pan, pour in the beef stock and bubble fiercely to reduce by two-thirds.
- ☐ Take off the heat and stir in a the soured cream, parsley and salt and pepper.
- ☐ Serve with tagliatelle.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:18.06, Inflammation Score:-8, Nutrition Score:47.331739176875%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 1314.71kcal (65.74%), Fat: 83.52g (128.5%), Saturated Fat: 35.61g (222.55%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 50.72g (18.44%), Sugar: 7.97g (8.85%), Cholesterol: 305.04mg (101.68%), Sodium: 457.74mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.01g (170.02%), Selenium: 130.35µg

(186.21%), Vitamin B12: 9.88µg (164.68%), Phosphorus: 946.81mg (94.68%), Zinc: 13.85mg (92.35%), Vitamin B3: 18.21mg (91.05%), Vitamin B6: 1.69mg (84.61%), Vitamin B2: 1.37mg (80.43%), Potassium: 1975.77mg (56.45%), Copper: 1.02mg (50.92%), Iron: 8.94mg (49.68%), Vitamin K: 48.28µg (45.98%), Vitamin B1: 0.6mg (40.11%), Manganese: 0.78mg (39.05%), Vitamin B5: 3.41mg (34.09%), Magnesium: 129.86mg (32.46%), Vitamin A: 1230.03IU (24.6%), Folate: 81.49µg (20.37%), Calcium: 156.24mg (15.62%), Fiber: 3.68g (14.72%), Vitamin E: 1.53mg (10.19%), Vitamin C: 7.82mg (9.48%), Vitamin D: 0.27µg (1.79%)