



Strolling-Through-the-Holidays Stroganoff

READY IN



56 min.

SERVINGS



8

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 1 cup chicken broth
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 servings rice hot cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon dillweed fresh chopped
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon catsup

- ☐ 0.5 cup milk
- ☐ 0.5 small onion diced
- ☐ 0.5 pound polish sausage smoked cut into 1/2-inch slices
- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 0.5 cup white wine
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Melt 1/4 cup butter in a Dutch oven over medium-high heat.
- ☐ Add shrimp; cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Remove shrimp, and set aside.
- ☐ Add chicken and sausage to pan; cook 5 minutes or until thoroughly heated.
- ☐ Remove from pan; keep warm.
- ☐ Melt remaining 1/4 cup butter in Dutch oven over medium-high heat.
- ☐ Add mushrooms; saute 5 minutes.
- ☐ Add onion and garlic; saute 5 minutes or until tender.
- ☐ Whisk in flour; cook, whisking constantly, 1 minute.
- ☐ Add broth, milk, and wine; cook, whisking constantly, 5 minutes or until thickened. Stir in ketchup Worcestershire sauce, and shrimp.
- ☐ Remove from heat, and stir in sour cream and dillweed. Stir in chicken mixture; serve over rice.

Nutrition Facts



 **PROTEIN 29.9%**  **FAT 47.92%**  **CARBS 22.18%**

Properties

Glycemic Index:46.13, Glycemic Load:26.86, Inflammation Score:-6, Nutrition Score:15.67956519386%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 555.02kcal (27.75%), Fat: 28.87g (44.42%), Saturated Fat: 9.28g (58%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.28g (10.65%), Sugar: 2.94g (3.27%), Cholesterol: 247.81mg (82.6%), Sodium: 680.74mg (29.6%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 40.55g (81.09%), Phosphorus: 457.35mg (45.73%), Selenium: 25.07µg (35.81%), Copper: 0.65mg (32.68%), Vitamin B3: 5.45mg (27.25%), Manganese: 0.52mg (25.9%), Zinc: 3.37mg (22.46%), Vitamin B2: 0.33mg (19.63%), Potassium: 661.92mg (18.91%), Magnesium: 71.47mg (17.87%), Vitamin B1: 0.26mg (17.27%), Vitamin B6: 0.34mg (17.14%), Vitamin A: 731.23IU (14.62%), Calcium: 145.97mg (14.6%), Vitamin B5: 1.4mg (13.99%), Iron: 2.02mg (11.25%), Vitamin B12: 0.55µg (9.21%), Folate: 19.65µg (4.91%), Vitamin E: 0.61mg (4.1%), Fiber: 0.79g (3.16%), Vitamin C: 1.72mg (2.08%), Vitamin D: 0.22µg (1.5%)