



Turkey Stroganoff

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cremini mushrooms sliced
- ☐ 3 Tbsp butter
- ☐ 0.5 cup onion finely chopped
- ☐ 0.8 lb goat meat dark light leftover cooked roughly chopped
- ☐ 0.5 cup campbell's turkey gravy leftover (or chicken or turkey stock)
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 Tbsp thyme leaves fresh dry chopped (important, do not omit)
- ☐ 1 cup cup heavy whipping cream plain sour at room temperature (can substitute , full-fat yogurt)

- ☐ 4 servings salt to taste (you will need more salt than you expect)
- ☐ 4 servings bell pepper black to taste
- ☐ 0.5 lb extra wide egg noodles cooked

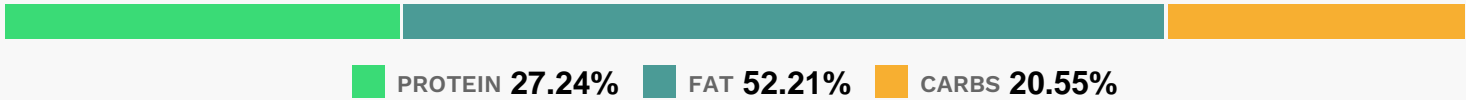
Equipment

- ☐ frying pan

Directions

- ☐ Sauté the mushrooms:
- ☐ Heat a large sauté pan on medium-high heat for 1 minute.
- ☐ Add the mushrooms and dry sauté them (cook them without oil), shaking the pan frequently so they don't stick, for 3 to 5 minutes, until the mushrooms release their water and begin to brown.
- ☐ Add the butter and onion and cook, stirring occasionally, for about 4 minutes, until the onions begin to brown.
- ☐ Sprinkle salt over everything.
- ☐ Add the turkey meat and gravy and stir to combine. Cook for a minute or two, and sprinkle on the thyme, black pepper and nutmeg.
- ☐ Add sour cream: Turn off the heat and add the sour cream. You may want to add a few tablespoons of water to thin the sauce.
- ☐ Mix in the sour cream thoroughly. Do not let the sauce come to a simmer or boil or it may curdle!
- ☐ Adjust seasonings to taste. In particular, depending on how salty your gravy was, you may need to add salt. More than you think.
- ☐ Serve immediately over egg noodles.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:20.304782457974%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 421.31kcal (21.07%), Fat: 24.59g (37.84%), Saturated Fat: 12.42g (77.63%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 20.13g (7.32%), Sugar: 4.04g (4.48%), Cholesterol: 146.77mg (48.92%), Sodium: 404mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Selenium: 63.06µg (90.09%), Vitamin B3: 13.04mg (65.21%), Vitamin B6: 0.89mg (44.38%), Phosphorus: 382.96mg (38.3%), Vitamin B2: 0.54mg (31.62%), Vitamin B5: 2.62mg (26.16%), Potassium: 747.94mg (21.37%), Copper: 0.41mg (20.41%), Manganese: 0.35mg (17.58%), Vitamin A: 752.77IU (15.06%), Zinc: 2.19mg (14.58%), Magnesium: 55.43mg (13.86%), Vitamin B1: 0.16mg (10.37%), Vitamin B12: 0.6µg (9.92%), Calcium: 96.71mg (9.67%), Iron: 1.48mg (8.2%), Folate: 31.54µg (7.89%), Vitamin C: 5.82mg (7.06%), Fiber: 1.64g (6.58%), Vitamin E: 0.75mg (4.98%), Vitamin K: 2.02µg (1.93%), Vitamin D: 0.27µg (1.79%)