



Ultimate Creamy Beef Stroganoff

READY IN



35 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beef broth fat-free reduced-sodium
- 1.5 lb beef sirloin steak cut into strips
- 1 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 3 cups noodles hot cooked
- 8 oz mushrooms fresh sliced
- 1 Tbsp parsley fresh chopped
- 0.5 tsp garlic powder
- 2 Tbsp milk

0.5 cup onions chopped

0.3 tsp pepper

Equipment

frying pan

Directions

Mix cream cheese spread, milk and garlic powder until blended.

Cook meat and onions in large nonstick skillet on medium heat 5 to 6 min. or until meat is done.

Remove from skillet; drain. Cover to keep warm.

Add butter to skillet; cook until melted.

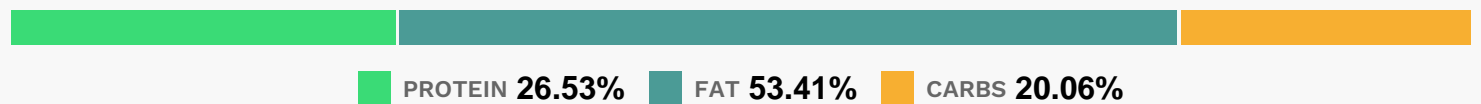
Add mushrooms and pepper; cook 5 to 6 min. or until mushrooms are tender.

Add cream cheese mixture; cook and stir 2 min. Return meat mixture to skillet; stir in broth. Cook 5 min.

Remove from heat; let stand 5 min.

Serve over noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:8.94, Inflammation Score:-5, Nutrition Score:16.371739151685%

Flavonoids

Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 474.05kcal (23.7%), Fat: 27.77g (42.73%), Saturated Fat: 13.52g (84.5%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 21.74g (7.91%), Sugar: 3.07g (3.41%), Cholesterol: 92.63mg (30.88%), Sodium: 281.72mg (12.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Selenium: 37.99µg (54.27%), Vitamin B12: 3.2µg (53.31%), Vitamin B3: 5.75mg (28.74%), Zinc: 4.28mg (28.51%), Phosphorus: 274.95mg (27.49%), Vitamin B6: 0.52mg (26.16%), Vitamin B2: 0.38mg (22.37%), Iron: 3.31mg (18.39%), Potassium: 558.35mg (15.95%), Copper: 0.28mg (13.86%), Manganese: 0.25mg (12.66%), Vitamin B1: 0.17mg (11.11%), Vitamin B5: 1.03mg (10.26%), Vitamin K: 10.76µg (10.25%), Magnesium: 39.3mg (9.82%), Vitamin A: 480.41IU (9.61%), Fiber: 1.73g (6.91%), Calcium: 68.64mg (6.86%), Folate: 21.04µg (5.26%), Vitamin C: 2.63mg (3.18%)