



Ultimate Creamy Beef Stroganoff

READY IN



30 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beef broth fat-free reduced-sodium
- 1 pound beef sirloin steak cut into strips
- 1 tablespoon butter
- 2 cups noodles hot cooked
- 10 ounce philadelphia original cooking creme
- 0.5 pound mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 0.5 cup onions chopped
- 0.3 teaspoon pepper

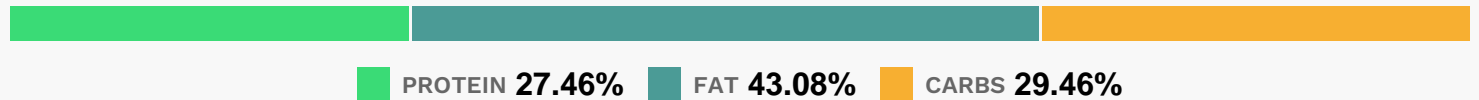
Equipment

frying pan

Directions

- Cook meat and onions in large nonstick skillet on medium heat 5 to 6 min. or until 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 cooking creme; cook and stir 2 min. Return meat 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:55.38, Glycemic Load:9.13, Inflammation Score:-4, Nutrition Score:17.443478216296%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 428.21kcal (21.41%), Fat: 20.42g (31.41%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.39g (10.69%), Sugar: 11.74g (13.04%), Cholesterol: 71.03mg (23.68%), Sodium: 133.72mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.56%), Selenium: 39.64µg (56.62%), Vitamin B12: 3.18µg (53.02%), Vitamin B3: 6.44mg (32.19%), Zinc: 4.41mg (29.42%), Phosphorus: 287.57mg (28.76%), Vitamin B6: 0.54mg (27.2%), Vitamin B2: 0.45mg (26.56%), Iron: 3.47mg (19.26%), Potassium: 634.5mg (18.13%), Copper: 0.35mg (17.26%), Vitamin K: 16.93µg (16.12%), Manganese: 0.28mg (14.16%), Vitamin B5: 1.3mg (13%), Vitamin B1: 0.18mg (12.1%), Magnesium: 41.85mg (10.46%), Fiber: 2.03g (8.12%), Folate: 26µg (6.5%), Vitamin C: 4mg

(4.85%), Vitamin A: 172.79IU (3.46%), Calcium: 23.53mg (2.35%)