



Venison Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 16 ounce extra wide egg noodles uncooked
- ☐ 4 servings garlic powder to taste
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 pound venison cut into cubes

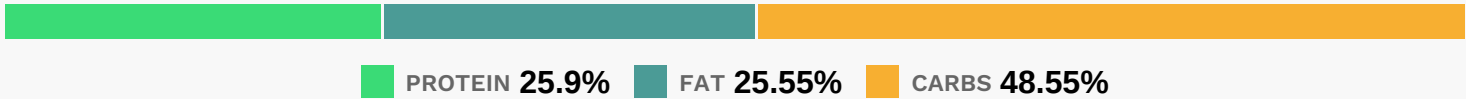
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Season venison with salt, pepper and garlic powder to taste.
- ☐ Saute onion in a large skillet; when soft, add venison and brown.
- ☐ Drain when venison is no longer pink and add soup. Reduce heat to low and simmer.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ When noodles are almost done cooking, stir sour cream into meat mixture.
- ☐ Pour meat mixture over hot cooked noodles and serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:34.58, Inflammation Score:-7, Nutrition Score:34.4091301379%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 797.67kcal (39.88%), Fat: 22.49g (34.59%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 91.33g (33.21%), Sugar: 5.3g (5.89%), Cholesterol: 232.71mg (77.57%), Sodium: 1376.28mg (59.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.29g (102.57%), Selenium: 103.31µg (147.59%), Vitamin B12: 7.85µg (130.79%), Manganese: 1.54mg (77.24%), Phosphorus: 610.03mg (61%), Vitamin B3: 11.08mg (55.42%), Vitamin B2: 0.84mg (49.69%), Copper: 0.97mg (48.28%), Zinc: 6.55mg (43.65%), Vitamin B6: 0.83mg (41.57%), Iron: 7.35mg (40.81%), Vitamin B1: 0.51mg (33.98%), Magnesium: 113.25mg (28.31%), Potassium: 976.15mg (27.89%), Fiber: 4.78g (19.14%), Vitamin B5: 1.57mg (15.7%), Folate: 58.12µg (14.53%), Calcium: 117.54mg (11.75%), Vitamin A: 424.09IU (8.48%), Vitamin E: 0.89mg (5.92%), Vitamin C: 2.58mg (3.13%), Vitamin K: 2.79µg (2.65%), Vitamin D: 0.34µg (2.27%)