

# Beef Stroganoff III

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## Servings: 5

*1 can (10-3/4 ounce) condensed  
cream of mushroom soup  
1 package (14 ounce) bite-size  
meatballs  
1 cup sour cream  
5 cups hot cooked broad egg noodles*

## Preparation Time: 5 minutes

Combine the soup with 1/2 cup of water in a large skillet. Mix well and heat over medium-low heat.

Add the meatballs. Cover and simmer for 12 to 14 minutes or until the meatballs are heated through, stirring once.

Stir in the sour cream. Heat through.

Serve over noodles.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 161 Calories; 14g Fat (78.3% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 519mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 3 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	161	Vitamin B6 (mg):	trace
% Calories from Fat:	78.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	15.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	7mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	21mg	% Refuse:	n n%
Carbohydrate (g):	6g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0

**Protein (g):** 2g  
**Sodium (mg):** 519mg  
**Potassium (mg):** 107mg  
**Calcium (mg):** 69mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 363IU  
**Vitamin A (r.e.):** 109RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

**Calories** 161 **Calories from Fat:** 126

### % Daily Values\*

<b>Total Fat</b>	14g	22%
	Saturated Fat 7g	36%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	519mg	22%
<b>Total Carbohydrates</b>	6g	2%
	Dietary Fiber trace	1%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		7%
<b>Vitamin C</b>		2%
<b>Calcium</b>		7%
<b>Iron</b>		2%

\* Percent Daily Values are based on a 2000 calorie diet.