

Ma Whistler's Stroganoff

Lynn Malo

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 1/2 pounds round steak, cut into
1/2-inch pieces
3/4 pound mushrooms, cleaned
1 onion, chopped
1/2 teaspoon grated nutmeg
salt (to taste)
pepper (to taste)
1 cup sour cream
3/4 cup dill pickles, chopped

Preheat the oven to 325 to 350 degrees.

In a large bowl, combine the meat, mushrooms, onions, nutmeg, salt and pepper. Spread the mixture in a greased 2-1/2 quart baking dish. Cover.

Bake for two to three hours or until the meat is tender. Stir every 30 to 45 minutes. Do not add water (this recipe makes its own gravy).

Remove from the oven and stir in the sour cream and dill pickles just before serving.

Serve hot over rice or noodles.

Per Serving (excluding unknown items): 324 Calories; 22g Fat (61.5% calories from fat); 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 328mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	324	Vitamin B6 (mg):	.6mg
% Calories from Fat:	61.5%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	8.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	30.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	22g	Folacin (mcg):	28mcg
Saturated Fat (g):	10g	Niacin (mg):	6mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	84mg	% Refuse:	0.0%

Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	24g
Sodium (mg):	328mg
Potassium (mg):	671mg
Calcium (mg):	57mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	702IU
Vitamin A (r.e.):	130 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 324 **Calories from Fat:** 199

% Daily Values*

Total Fat 22g	34%
Saturated Fat 10g	52%
Cholesterol 84mg	28%
Sodium 328mg	14%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	5%
Protein 24g	
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Vitamin A	14%
Vitamin C	6%
Calcium	6%
Iron	16%

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