



## Alouette Chicken Paprika

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 4 chicken breast boneless
- 2 teaspoons garlic powder
- 6.5 oz alouette garlic & herbs spreadable cheese
- 1 tablespoon milk
- 8 teaspoons paprika

### Equipment

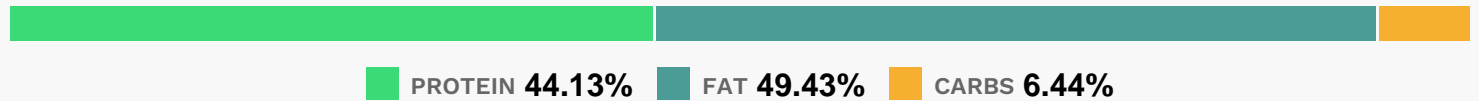
- frying pan

mixing bowl

## Directions

- Coat chicken with a mixture of 6 tsp. of paprika and all of the garlic powder.Saut chicken in butter over medium heat about 5 minutes on each side.Cover and simmer 15 minutes on low heat.
- Remove chicken from skillet, reserving liquid.
- Combine milk, Alouette
- Spreadable Cheese and remaining paprika in a small mixing bowl.
- Pour Alouette Garlic & Herbs
- Spreadable Cheese mixture into skillet, stirring well with reserved liquid.To serve, pour sauce over chicken. Use remaining sauce over rice, pasta or potatoes.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:24.28652173913%

## Nutrients (% of daily need)

Calories: 461.46kcal (23.07%), Fat: 25.36g (39.02%), Saturated Fat: 12.26g (76.59%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.9g (2.15%), Sugar: 0.63g (0.7%), Cholesterol: 202.69mg (67.56%), Sodium: 540.08mg (23.48%), Protein: 50.95g (101.9%), Vitamin B3: 23.99mg (119.96%), Selenium: 73.04µg (104.34%), Vitamin B6: 1.81mg (90.28%), Phosphorus: 498mg (49.8%), Vitamin A: 2131.5IU (42.63%), Vitamin B5: 3.35mg (33.5%), Potassium: 951.76mg (27.19%), Magnesium: 67.56mg (16.89%), Vitamin B2: 0.28mg (16.69%), Vitamin E: 1.69mg (11.24%), Vitamin B1: 0.17mg (11.11%), Zinc: 1.55mg (10.32%), Iron: 1.77mg (9.82%), Vitamin B12: 0.48µg (7.97%), Fiber: 1.53g (6.12%), Manganese: 0.11mg (5.62%), Copper: 0.1mg (4.88%), Vitamin K: 3.93µg (3.74%), Vitamin C: 2.77mg (3.35%), Folate: 11.81µg (2.95%), Calcium: 27.1mg (2.71%), Vitamin D: 0.27µg (1.78%)