



Chicken Goulash

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 carrots cut into 1/4-inch slices
- 0.1 teaspoon cayenne
- 2 ribs celery cut into 1/4-inch slices
- 1.5 cups chicken broth low-sodium homemade canned
- 8 chicken thighs
- 1 tablespoon cooking oil
- 0.3 teaspoon thyme leaves dried

- 1 tablespoon flour
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 1 onion chopped
- 2 tablespoons paprika
- 1.5 teaspoons salt
- 1.5 cups tomatoes in purée thick canned crushed

Equipment

- frying pan
- pot

Directions

- In a large, heavy pot, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and add it to the pan. Cook the chicken until browned, turning, about 8 minutes in all.
- Remove.
- Pour off all but 1 tablespoon fat from the pan.
- Add the onion, carrots, celery, and garlic to the pan. Reduce the heat to moderate and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Reduce the heat to moderately low and add the paprika, flour, and cayenne to the pan. Cook, stirring, for 30 seconds. Stir in the broth, tomatoes, the remaining 1 1/4 teaspoons salt, the thyme, and the bay leaf.
- Add the chicken and bring to a simmer. Reduce the heat and simmer, partially covered, until the chicken is done, about 20 minutes.
- Remove the bay leaf and add the parsley and black pepper.
- Serve the goulash with spaetzle, buttered noodles, or boiled or mashed potatoes.
- Wine Recommendation: With this dish, it's natural to experiment with one of the increasing number of reds imported from Hungary. Try Egri Bikavr or a varietal such as a merlot or a cabernet sauvignon.

Nutrition Facts

PROTEIN 26.71% FAT 61.43% CARBS 11.86%

Properties

Glycemic Index:89.96, Glycemic Load:4.8, Inflammation Score:-10, Nutrition Score:31.016521941061%

Flavonoids

Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 615.8kcal (30.79%), Fat: 42.47g (65.34%), Saturated Fat: 10.69g (66.81%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 13.63g (4.96%), Sugar: 7.39g (8.22%), Cholesterol: 221.48mg (73.83%), Sodium: 1234.44mg (53.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.56g (83.11%), Vitamin A: 7480.19IU (149.6%), Vitamin B3: 13.72mg (68.61%), Selenium: 44.14µg (63.06%), Vitamin K: 59.02µg (56.2%), Vitamin B6: 1.11mg (55.44%), Phosphorus: 453.12mg (45.31%), Potassium: 1097.7mg (31.36%), Vitamin B5: 2.83mg (28.29%), Vitamin B2: 0.47mg (27.39%), Vitamin B12: 1.53µg (25.58%), Vitamin E: 3.54mg (23.62%), Zinc: 3.52mg (23.45%), Iron: 4.16mg (23.1%), Manganese: 0.43mg (21.25%), Vitamin B1: 0.3mg (20.26%), Copper: 0.4mg (19.81%), Magnesium: 79.1mg (19.78%), Vitamin C: 16.05mg (19.46%), Fiber: 4.81g (19.25%), Folate: 45.33µg (11.33%), Calcium: 93.21mg (9.32%), Vitamin D: 0.23µg (1.51%)