



Chicken Paprikas

READY IN



45 min.

SERVINGS



4

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 1 pound chicken breast halves
- 0.5 pound skin-on chicken drumsticks
- 0.5 pound strips.
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- 4 cups egg noodles cooked uncooked
- 0.5 cup fat-skimmed beef broth fat-free
- 2 tablespoons flour all-purpose
- 1.5 tablespoons paprika sweet

- 1 cup cream sour low-fat
- 2 cups onion chopped
- 0.5 teaspoon salt divided

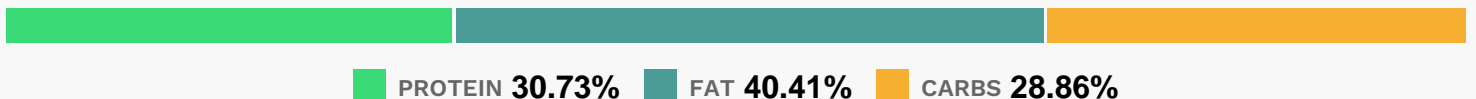
Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat a Dutch oven coated with cooking spray over medium-high heat.
- Add chicken; cook 6 minutes or until lightly browned.
- Remove chicken from pan.
- Add onion; saut 5 minutes or until lightly browned. Return chicken to pan. Stir in broth and paprika; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until chicken is done.
- Remove from heat.
- Place flour in a small bowl.
- Add sour cream, stirring well with a whisk. Gradually stir sour cream mixture, 1/4 teaspoon salt, and 1/4 teaspoon pepper into chicken mixture. Cook over low heat 5 minutes or until thick, stirring occasionally.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:22.99, Inflammation Score:-9, Nutrition Score:32.049565377443%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 791.83kcal (39.59%), Fat: 35.22g (54.18%), Saturated Fat: 11.22g (70.1%), Carbohydrates: 56.61g (18.87%), Net Carbohydrates: 52.25g (19%), Sugar: 4.48g (4.98%), Cholesterol: 285.18mg (95.06%), Sodium: 725.94mg (31.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.27g (120.53%), Selenium: 107.36µg (153.37%), Vitamin B3: 20.35mg (101.75%), Vitamin B6: 1.61mg (80.4%), Phosphorus: 681.8mg (68.18%), Vitamin B5: 3.8mg (38%), Manganese: 0.75mg (37.59%), Vitamin A: 1658.03IU (33.16%), Potassium: 1112.01mg (31.77%), Vitamin B2: 0.51mg (29.79%), Zinc: 4.42mg (29.45%), Magnesium: 112.19mg (28.05%), Vitamin B12: 1.6µg (26.73%), Vitamin B1: 0.34mg (22.36%), Iron: 3.38mg (18.79%), Fiber: 4.36g (17.44%), Copper: 0.34mg (17.09%), Calcium: 146.21mg (14.62%), Folate: 50.28µg (12.57%), Vitamin E: 1.75mg (11.7%), Vitamin C: 7.82mg (9.48%), Vitamin K: 6.69µg (6.37%), Vitamin D: 0.54µg (3.6%)