



Chicken Paprikash

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips green
- ☐ 4 cups extra wide egg noodles hot cooked uncooked
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon hungarian paprika hot
- ☐ 0.5 cup heavy whipping cream sour low-fat
- ☐ 0.5 cup low-salt chicken broth
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 16 ounce skinned
- ☐ 3 tablespoons tomato paste

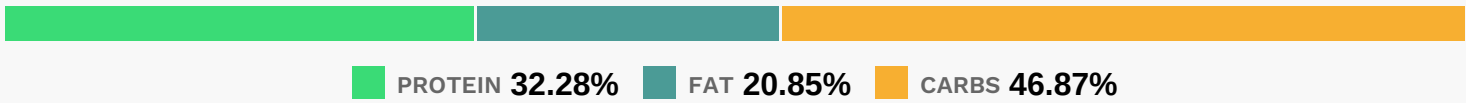
Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in an 8-inch square baking dish. Microwave at HIGH 3 minutes or until tender; stir in broth and next 4 ingredients (broth through 1/4 teaspoon pepper).
- ☐ Add chicken breasts, nestling them into vegetable mixture. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 8 to 9 minutes, turning over chicken pieces after 4 minutes.
- ☐ Remove chicken from dish; set aside, and keep warm. Stir sour cream into vegetable mixture. Microwave at HIGH 30 seconds.
- ☐ Serve chicken and vegetable mixture over the noodles.
- ☐ Sprinkle with pepper, if desired.
- ☐ Note: Hungarian hot paprika has a more pungent taste than regular paprika, which can be substituted.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:20.63, Inflammation Score:-8, Nutrition Score:24.556956622912%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 425.55kcal (21.28%), Fat: 9.85g (15.15%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 45.75g (16.64%), Sugar: 4.13g (4.59%), Cholesterol: 129.04mg (43.01%), Sodium: 561mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.6%), Selenium: 76.38µg (109.11%), Vitamin B3: 13.65mg (68.23%), Vitamin B6: 1.11mg (55.61%), Vitamin C: 35.93mg (43.55%), Phosphorus: 419.05mg (41.9%), Manganese: 0.69mg (34.28%), Vitamin A: 1345.84IU (26.92%), Potassium: 827.39mg (23.64%), Vitamin B5: 2.17mg (21.65%), Magnesium: 80.54mg (20.14%), Fiber: 4.04g (16.17%), Copper: 0.3mg (14.99%), Vitamin B2: 0.25mg (14.44%), Zinc: 2.12mg (14.1%), Iron: 2.39mg (13.25%), Vitamin B1: 0.18mg (11.81%), Vitamin E: 1.74mg (11.62%), Vitamin B12: 0.52µg (8.68%), Calcium: 85.33mg (8.53%), Folate: 28.76µg (7.19%), Vitamin K: 6.2µg (5.9%), Vitamin D: 0.33µg (2.21%)