



Chicken Paprikash

READY IN



40 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon diced
- ☐ 0.5 teaspoon marjoram dried
- ☐ 8 ounces extra wide egg noodles
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 servings kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 medium onion chopped

- ☐ 2 tablespoons paprika
- ☐ 1.5 pounds chicken thighs boneless skinless cut in half
- ☐ 0.5 cup cup heavy whipping cream sour

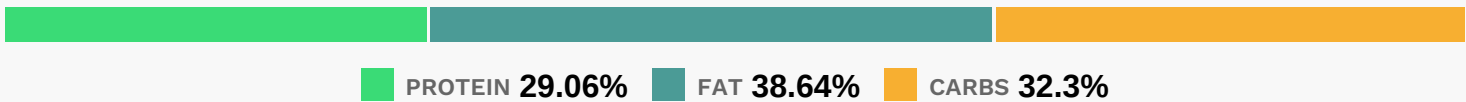
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. Meanwhile, cook the bacon in a separate pot over medium heat, 2 minutes.
- ☐ Add the onion and bell pepper and cook 3 more minutes.
- ☐ Combine the flour, paprika, marjoram and 1 teaspoon salt in a large bowl; add the chicken and toss to coat. Push the bacon and vegetables to one side of the pot and increase the heat to medium high.
- ☐ Add the chicken and any remaining flour mixture to the other side and cook, turning, until browned, about 6 minutes. Stir together the chicken, bacon and vegetables and cook 2 more minutes.
- ☐ Add the chicken broth and bring to a boil. Stir, then reduce the heat to medium low. Cover and simmer until the chicken is almost cooked through, about 10 more minutes. Meanwhile, add the noodles to the boiling water and cook as the label directs; drain. Uncover the pot with the chicken, increase the heat to high and cook 2 minutes. Reduce the heat to low, stir in the sour cream and parsley and cook 2 more minutes. Season with salt.
- ☐ Serve over the noodles.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:22.04, Inflammation Score:-9, Nutrition Score:32.551304309264%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 689.57kcal (34.48%), Fat: 29.51g (45.41%), Saturated Fat: 10.04g (62.76%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 51.17g (18.61%), Sugar: 4.48g (4.98%), Cholesterol: 247.96mg (82.65%), Sodium: 625.51mg (27.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.94g (99.87%), Selenium: 93.83µg (134.04%), Vitamin B3: 14.68mg (73.38%), Phosphorus: 594.05mg (59.4%), Vitamin B6: 1.17mg (58.54%), Vitamin A: 2271.3IU (45.43%), Vitamin K: 43.67µg (41.59%), Manganese: 0.7mg (35.19%), Vitamin C: 28.91mg (35.04%), Vitamin B2: 0.56mg (33.05%), Zinc: 4.59mg (30.6%), Vitamin B5: 3.03mg (30.31%), Vitamin B1: 0.45mg (30.04%), Potassium: 949.52mg (27.13%), Vitamin B12: 1.6µg (26.61%), Magnesium: 94.74mg (23.69%), Iron: 4.24mg (23.55%), Copper: 0.41mg (20.64%), Fiber: 4.35g (17.39%), Folate: 52.26µg (13.06%), Vitamin E: 1.92mg (12.81%), Calcium: 92.18mg (9.22%), Vitamin D: 0.3µg (2.01%)