



 **24%**
HEALTH SCORE

Chicken Paprikash

READY IN



45 min.

SERVINGS



4

CALORIES



972 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken thighs cut in half at joint (3 pounds total)
- 4 chicken thighs cut in half at joint (3 pounds total)
- 1 serving coarse mustard
- 2 teaspoons vegetable oil
- 1 large onion yellow halved thinly sliced lengthwise
- 3 garlic clove roughly chopped
- 2 tablespoons paprika sweet
- 3 tablespoons flour all-purpose
- 1.8 cups chicken broth low-sodium

- 14 ounces tomatoes diced canned
- 0.5 pound extra wide egg noodles
- 0.5 cup yogurt plain sour thick

Equipment

- bowl
- ladle
- whisk
- pot
- wooden spoon
- dutch oven

Directions

- Season chicken with salt and pepper. In a large Dutch oven or heavy pot, heat oil over high. Cook chicken, skin side down, until golden and crisp, 6 minutes. Flip chicken and cook until browned, 6 minutes more.
- Transfer to a plate.
- Discard all but 1 tablespoon fat from pot and reduce heat to medium.
- Add onion and cook, stirring frequently and scraping up any browned bits with a wooden spoon, until beginning to soften, 2 minutes.
- Add garlic and cook, stirring frequently, 3 minutes.
- Add paprika and flour, season with salt and pepper, and stir constantly until paprika is fragrant and mixture begins to stick, 1 minute.
- Add broth and whisk until smooth.
- Add tomatoes and bring to a boil over high. Return chicken to pot in a single layer, skin side up, and reduce heat to medium. Cover and cook until chicken is cooked through, 20 minutes.
- Meanwhile, in a large pot of boiling salted water, cook noodles according to package instructions.
- Drain noodles and divide among four bowls. Top with chicken. Stir sour cream into sauce, then ladle over chicken and noodles.

Nutrition Facts

PROTEIN 24.94% FAT 51.07% CARBS 23.99%

Properties

Glycemic Index:60.5, Glycemic Load:21.42, Inflammation Score:-9, Nutrition Score:35.10608721816%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 972.05kcal (48.6%), Fat: 55.11g (84.79%), Saturated Fat: 14.9g (93.14%), Carbohydrates: 58.26g (19.42%), Net Carbohydrates: 53.29g (19.38%), Sugar: 7g (7.77%), Cholesterol: 334.83mg (111.61%), Sodium: 439.51mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.55g (121.1%), Selenium: 102.55µg (146.51%), Vitamin B3: 17.51mg (87.53%), Phosphorus: 704.92mg (70.49%), Vitamin B6: 1.4mg (69.76%), Vitamin A: 2132.71IU (42.65%), Manganese: 0.79mg (39.69%), Vitamin B5: 3.87mg (38.65%), Vitamin B2: 0.65mg (37.99%), Vitamin B12: 2.23µg (37.18%), Zinc: 5.41mg (36.08%), Potassium: 1205.07mg (34.43%), Iron: 5.35mg (29.7%), Vitamin B1: 0.44mg (29.57%), Magnesium: 115.8mg (28.95%), Copper: 0.5mg (24.75%), Fiber: 4.98g (19.9%), Vitamin E: 2.73mg (18.2%), Vitamin K: 16.46µg (15.68%), Vitamin C: 12.89mg (15.63%), Calcium: 137.25mg (13.73%), Folate: 54.48µg (13.62%), Vitamin D: 0.49µg (3.26%)