



Chicken Paprikash



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken pieces
- ☐ 4 servings salt
- ☐ 2 Tbsp butter unsalted
- ☐ 2 pounds onions yellow (2-3 large onions)
- ☐ 4 servings bell pepper black to taste
- ☐ 2 Tbsp paprika sweet
- ☐ 1 teaspoon paprika hot to taste (or)
- ☐ 1 cup chicken broth

☐ 0.5 cup cup heavy whipping cream sour

Equipment

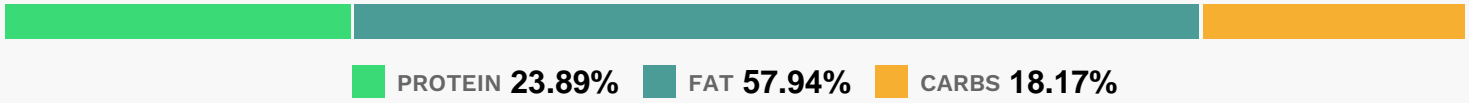
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Salt the chicken pieces well and let them sit at room temperature while you cut the onions. Slice the onions lengthwise (top to root).
- ☐ Heat a large sauté pan over medium-high heat and melt the butter. When the butter is hot, pat the chicken pieces dry with paper towels and place them skin-side down in the pan.
- ☐ Let the chicken pieces cook 4-5 minutes on one side, until well browned, then turn them over and let them cook 2-3 minutes on the other side. (Take care when turning so as not to tear the skin if any is sticking to the pan.)
- ☐ Remove the chicken from the pan to a bowl, set aside.
- ☐ Add the sliced onions to the sauté pan and cook them, stirring occasionally, scraping up the browned bits from the chicken, until lightly browned, about 7 minutes.
- ☐ Add the paprika and some black pepper to the onions and stir to combine.
- ☐ Let cook for a minute.
- ☐ Add the chicken broth, again scraping up the browned bits from the bottom of the pan, and then nestle the chicken pieces into the pan, on top of the onions.
- ☐ Cover and cook on a low simmer for 20-25 minutes (depending on the size of your chicken pieces).
- ☐ When the chicken is cooked through (165°F if you use a thermometer, or if the juices run clear, not pink when the thickest part of the thigh is pierced with a knife) remove the pan from the heat.
- ☐ (If you want, you can also keep cooking the chicken until it begins to fall off the bone, which may take another 30 minutes or so.)

- ☐ Remove chicken, stir in sour cream: When the chicken is done to your taste, remove the chicken from the pan. Allow the pan to cool for a minute and then slowly stir in the sour cream and add salt to taste.
- ☐ If the sour cream cools the sauce too much, turn the heat back on just enough to warm it through.
- ☐ Add the chicken back to the pan and coat with the sauce.
- ☐ Serve with dumplings, rice, egg noodles or potatoes. (If cooking gluten-free, serve with rice, potatoes or gluten-free noodles or dumplings.)

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:4.84, Inflammation Score:-10, Nutrition Score:21.009564959485%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg

Nutrients (% of daily need)

Calories: 545.36kcal (27.27%), Fat: 35.45g (54.54%), Saturated Fat: 13.39g (83.71%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 19.78g (7.19%), Sugar: 11.27g (12.52%), Cholesterol: 149.07mg (49.69%), Sodium: 541.02mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.77%), Vitamin B3: 11.31mg (56.53%), Vitamin A: 2510.65IU (50.21%), Vitamin B6: 0.91mg (45.57%), Selenium: 24.98µg (35.69%), Phosphorus: 330.99mg (33.1%), Vitamin C: 19.92mg (24.15%), Vitamin B2: 0.38mg (22.32%), Potassium: 762.06mg (21.77%), Manganese: 0.43mg (21.56%), Fiber: 5.24g (20.95%), Vitamin B5: 1.88mg (18.81%), Zinc: 2.71mg (18.09%), Magnesium: 64.29mg (16.07%), Vitamin B1: 0.23mg (15.24%), Iron: 2.72mg (15.1%), Folate: 56.54µg (14.14%), Vitamin E: 1.97mg (13.16%), Calcium: 111.54mg (11.15%), Copper: 0.21mg (10.3%), Vitamin B12: 0.56µg (9.37%), Vitamin K: 7.52µg (7.17%), Vitamin D: 0.41µg (2.77%)