

Chicken Paprikash I

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth
- 2 tablespoons olive oil
- 1 cup onion chopped
- 1 tablespoon paprika
- 6 servings salt and pepper to taste
- 0.5 cup heavy whipping cream sour
- 0.3 cup white wine
- 2 pound meat from a rotisserie chicken whole cut into pieces

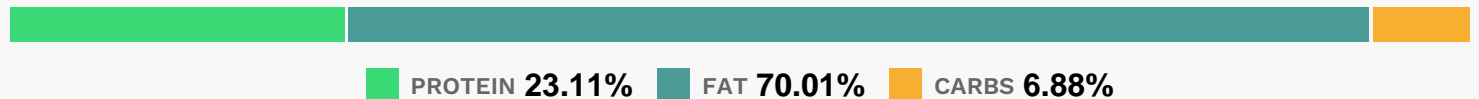
Equipment

- frying pan

Directions

- In a 12 inch skillet, heat olive oil and brown chicken on all sides. Season chicken with salt and pepper.
- Remove chicken and set aside.
- Add onion to skillet. Cook just until tender, but not brown. Stir in paprika. Return chicken to skillet, turning to coat with paprika/onion mixture.
- Add wine and broth. Bring to a boil; reduce heat, cover and simmer for 40 minutes or until chicken is fully cooked and tender.
- Remove chicken and keep warm.
- Boil skillet drippings until reduced to 1/2 cup liquid, about 3 minutes. Stir in 1/2 cup sour cream.
- Heat through.
- Serve chicken atop pasta if desired, and pour sauce over all.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:7.5917391466058%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 257.98kcal (12.9%), Fat: 19.51g (30.02%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.04g (2.27%), Cholesterol: 65.94mg (21.98%), Sodium: 289.31mg (12.58%), Alcohol: 1.03g (100%), Alcohol %: 0.9% (100%), Protein: 14.49g (28.99%), Vitamin B3: 5.13mg (25.67%), Selenium: 11.42µg (16.31%), Vitamin B6: 0.32mg (16.19%), Vitamin A: 796.37IU (15.93%), Phosphorus: 134.84mg (13.48%), Vitamin E: 1.31mg (8.74%), Vitamin B2: 0.15mg (8.71%), Vitamin B5: 0.79mg (7.92%), Zinc: 1.13mg (7.53%), Potassium: 235.61mg (6.73%), Iron: 1.03mg (5.73%), Magnesium: 22.28mg (5.57%), Vitamin K: 5.27µg (5.02%), Vitamin B12: 0.27µg (4.45%), Vitamin B1: 0.07mg (4.4%), Manganese: 0.09mg (4.28%), Vitamin C: 3.32mg (4.02%), Calcium: 37.6mg (3.76%), Fiber: 0.86g (3.44%), Copper: 0.06mg (2.95%), Folate: 11.24µg (2.81%)