



Chicken Paprikash II

READY IN



90 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bacon grease
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic chopped
- ☐ 1 large onion chopped
- ☐ 3 tablespoons paprika
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.8 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

- ☐ 1 cup water
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

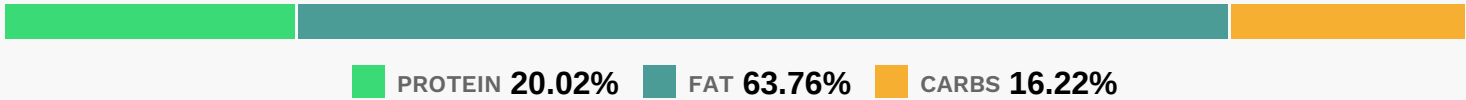
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat bacon grease in a large skillet over medium heat.
- ☐ Add onion, garlic, salt, red pepper flakes and paprika. Stir together and saute until onion is translucent.
- ☐ Add chicken pieces and pour water over all. Cook over medium heat for 1 hour, adding more water if necessary.
- ☐ Stir in tomatoes, reserving liquid. Stir liquid into a medium bowl with flour and sour cream; mix until well blended, then slowly add mixture to chicken, stirring constantly. Cook until mixture is thick.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:21.085217621015%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 490.21kcal (24.51%), Fat: 35.48g (54.59%), Saturated Fat: 13.34g (83.36%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 15.56g (5.66%), Sugar: 8.66g (9.62%), Cholesterol: 121.75mg (40.58%), Sodium: 692.65mg (30.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.14%), Vitamin A: 3461.63IU (69.23%), Vitamin B3: 9.58mg (47.9%), Vitamin B6: 0.76mg (37.79%), Selenium: 20.6µg (29.43%), Phosphorus: 272.36mg

(27.24%), Vitamin E: 3.6mg (23.99%), Vitamin B2: 0.38mg (22.34%), Potassium: 775.06mg (22.14%), Iron: 3.85mg (21.37%), Manganese: 0.42mg (20.98%), Fiber: 4.74g (18.98%), Vitamin C: 15.23mg (18.47%), Vitamin B5: 1.68mg (16.79%), Copper: 0.33mg (16.48%), Magnesium: 63.83mg (15.96%), Zinc: 2.27mg (15.14%), Vitamin B1: 0.22mg (14.9%), Calcium: 133.16mg (13.32%), Vitamin K: 12.87µg (12.26%), Folate: 40.06µg (10.02%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.39µg (2.62%)