



Chicken Stroganoff

READY IN



25 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup mushroom broth fat-free low-sodium
- ☐ 2 cups cremini mushrooms white sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1 small onion chopped
- ☐ 1 teaspoon paprika plus more for topping
- ☐ 4 servings pepper freshly ground
- ☐ 1.3 pounds chicken thighs boneless skinless cut into chunks

- ☐ 0.5 cup cup heavy whipping cream sour plus more for topping
- ☐ 3 tablespoons butter unsalted
- ☐ 12 ounces wide egg noodles
- ☐ 1 tablespoon worcestershire sauce

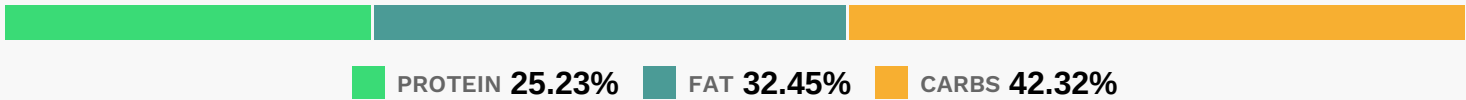
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the noodles and cook as the label directs, then drain. Meanwhile, melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the onion and cook until slightly soft, about 2 minutes.
- ☐ Add the mushrooms and cook, stirring, until they begin to brown, about 2 minutes.
- ☐ Add the remaining 1 tablespoon butter, the chicken, flour, paprika, 1 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring, until the chicken browns, about 3 minutes.
- ☐ Add the chicken broth and Worcestershire sauce and bring to a gentle simmer; cook until thickened, about 5 minutes. Stir in the sour cream and season with salt and pepper. Continue simmering gently until the chicken is cooked through, about 2 more minutes. Divide the noodles among plates. Top with the chicken mixture, parsley, some sour cream and paprika.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:28.25, Inflammation Score:-8, Nutrition Score:28.257391359495%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 664.64kcal (33.23%), Fat: 23.87g (36.72%), Saturated Fat: 10.79g (67.46%), Carbohydrates: 70.02g (23.34%), Net Carbohydrates: 66.34g (24.12%), Sugar: 4.95g (5.5%), Cholesterol: 245.64mg (81.88%), Sodium: 642.54mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.75g (83.51%), Selenium: 111µg (158.57%), Vitamin B3: 11.45mg (57.25%), Phosphorus: 552.17mg (55.22%), Vitamin B6: 0.9mg (45.08%), Manganese: 0.88mg (43.86%), Vitamin K: 39.19µg (37.32%), Vitamin B2: 0.59mg (34.87%), Vitamin B5: 3.18mg (31.85%), Zinc: 4.4mg (29.31%), Copper: 0.55mg (27.38%), Potassium: 841.95mg (24.06%), Vitamin B1: 0.36mg (23.77%), Magnesium: 93.45mg (23.36%), Vitamin A: 1072.4IU (21.45%), Vitamin B12: 1.27µg (21.13%), Iron: 3.59mg (19.96%), Fiber: 3.69g (14.75%), Folate: 55.2µg (13.8%), Calcium: 94.16mg (9.42%), Vitamin E: 1.1mg (7.31%), Vitamin C: 4.77mg (5.78%), Vitamin D: 0.45µg (2.99%)