

Chicken Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups extra wide egg noodles hot cooked
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 8 ounce cup heavy whipping cream sour reduced-fat
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 pound chicken breasts boneless skinless cut into 1/4-inch strips
- ☐ 4 slices turkey-bacon

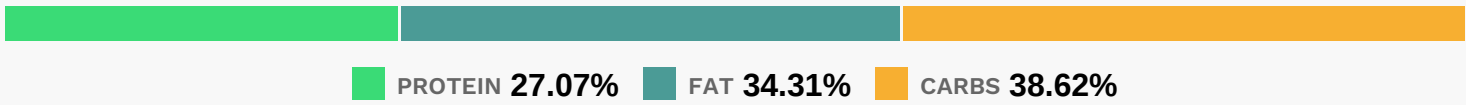
Equipment

- ☐ frying pan

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion and chicken to drippings in pan; saut 6 minutes.
- ☐ Add bacon, broth, salt, pepper, paprika, and garlic; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Combine the sour cream and flour, stirring until smooth.
- ☐ Add sour cream mixture to pan, and bring to a boil. Reduce heat, and simmer 2 minutes, stirring constantly.
- ☐ Serve over egg noodles.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:22.65, Inflammation Score:-6, Nutrition Score:22.756521846937%

Flavonoids

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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 563.19kcal (28.16%), Fat: 21.26g (32.71%), Saturated Fat: 8.02g (50.12%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 50.69g (18.43%), Sugar: 3.48g (3.86%), Cholesterol: 153.34mg (51.11%), Sodium: 973.95mg (42.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.49%), Selenium: 84.38µg (120.55%),

Vitamin B3: 14.18mg (70.92%), Vitamin B6: 1.1mg (55.02%), Phosphorus: 465.57mg (46.56%), Manganese: 0.7mg (34.77%), Vitamin B5: 2.37mg (23.67%), Potassium: 773.53mg (22.1%), Magnesium: 80.1mg (20.03%), Vitamin B1: 0.27mg (18.04%), Vitamin B2: 0.29mg (16.91%), Zinc: 2.41mg (16.08%), Vitamin B12: 0.89µg (14.82%), Copper: 0.26mg (12.98%), Calcium: 127.97mg (12.8%), Fiber: 3.18g (12.72%), Iron: 2.01mg (11.15%), Folate: 41.24µg (10.31%), Vitamin C: 6.78mg (8.22%), Vitamin A: 326IU (6.52%), Vitamin E: 0.81mg (5.38%), Vitamin D: 0.47µg (3.17%), Vitamin K: 1.3µg (1.23%)