



Chicken Stroganoff Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon butter
- 5 cups wide egg noodles hot cooked uncooked (8 ounces pasta)
- 0.5 cup less-sodium chicken broth fat-free
- 1 ounce flour all-purpose
- 1 tablespoon flour all-purpose
- 0.3 cup parsley fresh chopped
- 2 teaspoons sage fresh finely chopped
- 1 cup cup heavy whipping cream sour reduced-fat

- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 1.5 cups onion chopped (1 medium)
- 1 teaspoon paprika
- 1.3 teaspoons salt divided
- 2 tablespoons cooking sherry
- 1 pound chicken breast halves boneless skinless

Equipment

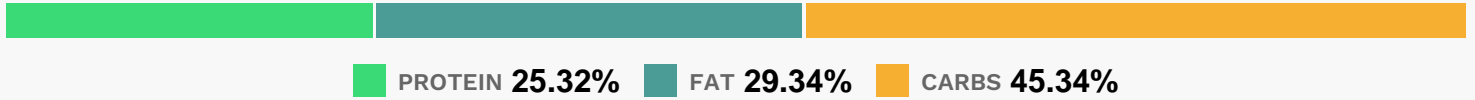
- bowl
- frying pan
- whisk

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes or until tender.
- Add sage, 1/4 teaspoon salt, 1/8 teaspoon pepper, and mushrooms; saut 5 minutes or until mushrooms begin to brown. Spoon mixture into a large bowl.
- Combine 1/4 cup flour and paprika in a shallow dish.
- Cut each chicken breast half in half lengthwise; cut crosswise into 1/4-inch strips. Dredge chicken strips in flour mixture; shake off the excess flour mixture.
- Heat oil in pan over medium-high heat.
- Add chicken; sprinkle with 1/4 teaspoon salt and the remaining 1/8 teaspoon pepper. Saut 4 minutes or until chicken is done.
- Add chicken to mushroom mixture.
- Add broth and sherry to pan, scraping pan to loosen browned bits. Reduce heat to medium-low.
- Place sour cream in a small bowl; sprinkle with 1 tablespoon flour. Stir with a whisk until combined. Stir sour cream mixture and remaining 3/4 teaspoon salt into broth mixture. Stir in chicken mixture; cook 1 minute or until thoroughly heated.

Add noodles and parsley; stir well to combine.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:20.43, Inflammation Score:-7, Nutrition Score:24.95086959134%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 413.61kcal (20.68%), Fat: 13.37g (20.56%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 43.37g (15.77%), Sugar: 3.21g (3.57%), Cholesterol: 105.48mg (35.16%), Sodium: 708.61mg (30.81%), Alcohol: 0.51g (100%), Alcohol %: 0.18% (100%), Protein: 25.95g (51.91%), Copper: 2.33mg (116.69%), Selenium: 63.46µg (90.66%), Vitamin B3: 10.39mg (51.94%), Vitamin K: 43.51µg (41.44%), Vitamin B6: 0.74mg (37%), Phosphorus: 344.28mg (34.43%), Manganese: 0.64mg (31.85%), Vitamin B5: 2.12mg (21.16%), Vitamin B2: 0.35mg (20.8%), Potassium: 631.95mg (18.06%), Magnesium: 64.07mg (16.02%), Vitamin B1: 0.21mg (13.78%), Zinc: 1.87mg (12.47%), Fiber: 3.09g (12.35%), Vitamin A: 610.76IU (12.22%), Folate: 45.82µg (11.46%), Iron: 2.02mg (11.24%), Vitamin C: 8.33mg (10.1%), Calcium: 96.1mg (9.61%), Vitamin B12: 0.49µg (8.15%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.36µg (2.41%)