



Chicken Thighs Paprika

READY IN



70 min.

SERVINGS



10

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken thighs bone-in
- ☐ 12 ounces egg noodles cooked
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 onion halved thinly sliced
- ☐ 2 tablespoons paprika
- ☐ 10 servings salt and pepper
- ☐ 0.5 cup cream sour
- ☐ 1 tablespoon tomato paste

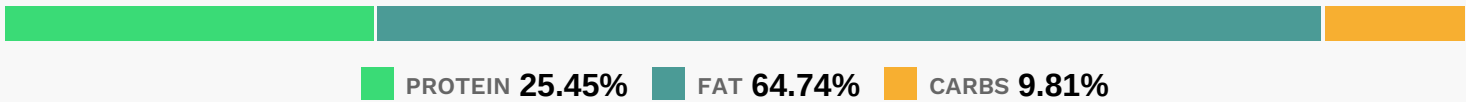
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Warm oil in a skillet over medium-high heat. Dry chicken; season with salt and pepper. Working in batches, cook chicken in a single layer until golden, turning once, about 10 minutes total.
- ☐ Remove to a plate. Repeat with remaining thighs.
- ☐ Pour off all but 1 Tbsp. fat. Reduce heat to medium and cook onion, stirring, until softened, about 3 minutes.
- ☐ Add a little broth if onion begins to burn. Stir in paprika, tomato paste and chicken broth.
- ☐ Add chicken to skillet. Bring to a simmer over medium-high heat, cover, reduce heat to medium-low and cook 15 minutes.
- ☐ Remove lid and flip thighs. Turn heat to medium and simmer, uncovered, until chicken is cooked through, 10 to 15 minutes.
- ☐ Remove chicken to a platter.
- ☐ Remove skillet from heat.
- ☐ Whisk in sour cream. Season with salt and pepper.
- ☐ Serve chicken and sauce over noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:15.252173750297%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 487.65kcal (24.38%), Fat: 34.88g (53.66%), Saturated Fat: 9.53g (59.59%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.74g (3.91%), Sugar: 1.36g (1.52%), Cholesterol: 186.58mg (62.19%), Sodium: 353.74mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.69%), Selenium: 41.21µg (58.87%), Vitamin B3: 8.73mg (43.63%), Vitamin B6: 0.66mg (33.21%), Phosphorus: 324.56mg (32.46%), Vitamin B12: 1.19µg (19.8%), Vitamin B5: 1.94mg (19.41%), Vitamin A: 928.22IU (18.56%), Zinc: 2.54mg (16.93%), Vitamin B2: 0.28mg (16.75%), Potassium: 467.34mg (13.35%), Magnesium: 45.75mg (11.44%), Vitamin B1: 0.15mg (10.1%), Iron: 1.81mg (10.04%), Vitamin E: 1.35mg (8.98%), Manganese: 0.18mg (8.9%), Copper: 0.16mg (7.81%), Vitamin K: 6.85µg (6.52%), Fiber: 1.15g (4.6%), Calcium: 36.97mg (3.7%), Folate: 11.24µg (2.81%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.21µg (1.38%)