



## Easy Chicken Paprikas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 lb meat from a rotisserie chicken dry rinsed cut in 8 serving-size pieces, and patted
- 2 teaspoons cornstarch
- 6 oz bell pepper green stemmed rinsed seeded chopped
- 1 tablespoon hungarian paprika hot
- 6 oz onion peeled chopped
- 1 teaspoon salt
- 8 ounces cup heavy whipping cream sour
- 8 oz tomatoes rinsed chopped

2 tablespoons vegetable oil

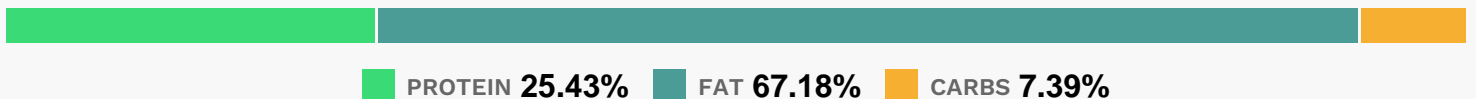
## Equipment

frying pan

## Directions

- Set a 5- to 6-quart pan over medium-high heat. When pan is hot, add oil, onion, and salt. Lower heat to medium and stir occasionally until onion is translucent, 3 to 5 minutes.
- Add chicken pieces. Cook, covered, for about 10 minutes.
- Add green pepper, tomato, and paprika. Stir, then cook, covered, over low heat for 30 to 40 minutes, until the chicken is no longer pink in center.
- Remove chicken.
- Skim fat from pan and increase heat to medium-high. Cook uncovered until liquid is reduced to 1 1/2 cups, about 15 minutes.
- Stir cornstarch into the sour cream.
- Add mixture and chicken to pan and cook, uncovered, 5 to 10 minutes, until everything is hot and the sauce has thickened.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:24.768695561782%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

## Nutrients (% of daily need)

Calories: 684.95kcal (34.25%), Fat: 51.04g (78.53%), Saturated Fat: 16.24g (101.52%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 9.89g (3.6%), Sugar: 6.43g (7.14%), Cholesterol: 196.75mg (65.58%), Sodium:

758.45mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.93%), Vitamin B3: 15.63mg (78.13%), Vitamin C: 49.11mg (59.53%), Vitamin B6: 1.01mg (50.72%), Selenium: 33.8µg (48.29%), Vitamin A: 2150.49IU (43.01%), Phosphorus: 403.22mg (40.32%), Vitamin K: 25.82µg (24.59%), Vitamin B2: 0.41mg (24.25%), Vitamin B5: 2.36mg (23.61%), Potassium: 793.3mg (22.67%), Zinc: 3.34mg (22.27%), Magnesium: 67.12mg (16.78%), Vitamin E: 2.41mg (16.04%), Iron: 2.77mg (15.37%), Vitamin B1: 0.21mg (14.17%), Vitamin B12: 0.79µg (13.23%), Manganese: 0.25mg (12.44%), Fiber: 2.75g (10.98%), Calcium: 105.31mg (10.53%), Copper: 0.21mg (10.31%), Folate: 38.16µg (9.54%), Vitamin D: 0.44µg (2.9%)