



Hungarian Chicken with Smoked Paprika

READY IN



375 min.

SERVINGS



4

CALORIES



938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 oz canned tomatoes whole with 1/2 cup juice reserved drained coarsely chopped canned
- ☐ 3 lb chicken quartered
- ☐ 1 cup chicken broth
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 onion sliced
- ☐ 1 teaspoon paprika smoked spanish

- ☐ 1 pound soup noodles
- ☐ 1 bell pepper red cored seeded sliced
- ☐ 0.3 cup cream sour
- ☐ 1 bell pepper yellow cored seeded sliced

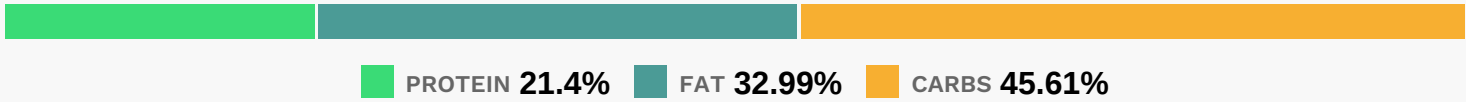
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place peppers, onion, tomatoes, juice, 1/2 cup chicken broth, garlic and paprika in a slow cooker.
- ☐ In a large skillet, heat 1 Tbsp. oil over medium high heat. Season chicken with salt and pepper.
- ☐ Add to skillet and brown all sides, about 8 minutes.
- ☐ Transfer to slow cooker.
- ☐ Pour remaining 1/2 cup broth in skillet; scrape bottom of pan to incorporate browned bits.
- ☐ Pour liquid into slow cooker and cook on high setting for 6 hours.
- ☐ Remove chicken and let cool.
- ☐ Remove meat from bones and return to slow cooker; discard bones. Stir in sour cream.
- ☐ Cook pasta according to package directions. Toss with remaining 2 tsp. oil.
- ☐ Serve chicken over pasta.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:39.16, Inflammation Score:-9, Nutrition Score:39.760869596315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 937.63kcal (46.88%), Fat: 34.46g (53.01%), Saturated Fat: 9.91g (61.94%), Carbohydrates: 107.21g (35.74%), Net Carbohydrates: 98.19g (35.71%), Sugar: 15.14g (16.82%), Cholesterol: 134.95mg (44.98%), Sodium: 2354.55mg (102.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.3g (100.59%), Vitamin C: 115.99mg (140.59%), Selenium: 97.73µg (139.61%), Vitamin B3: 16.25mg (81.26%), Manganese: 1.62mg (81.18%), Vitamin B6: 1.23mg (61.42%), Phosphorus: 560.75mg (56.07%), Copper: 0.84mg (41.98%), Vitamin A: 2015.08IU (40.3%), Potassium: 1361.6mg (38.9%), Magnesium: 146.39mg (36.6%), Fiber: 9.01g (36.05%), Iron: 6.08mg (33.77%), Zinc: 4.59mg (30.59%), Vitamin E: 4.32mg (28.8%), Vitamin B2: 0.48mg (28.33%), Vitamin B5: 2.79mg (27.95%), Vitamin B1: 0.41mg (27.03%), Folate: 84.11µg (21.03%), Vitamin K: 17.87µg (17.02%), Calcium: 147.36mg (14.74%), Vitamin B12: 0.56µg (9.3%), Vitamin D: 0.33µg (2.18%)