



Hungarian Portobello Paprikash

READY IN



70 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 carrots grated peeled chopped
- 2 fresno chile peppers thinly sliced
- 1 cup cooking wine dry white
- 0.3 cup chives fresh chopped
- 4 large cloves garlic sliced
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 1 large onion chopped

- 8 large portabella mushroom caps chopped
- 2 large bell peppers red
- 4 servings cup heavy whipping cream sour as needed
- 2 tablespoons paprika smoked sweet
- 0.3 cup tomato paste
- 2 cups vegetable stock
- 8 ounces wide egg noodles
- 1 tablespoon worcestershire sauce

Equipment

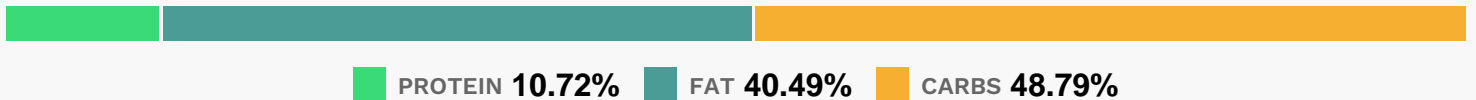
- bowl
- frying pan
- oven
- plastic wrap
- broiler
- stove
- dutch oven

Directions

- Watch how to make this recipe.
- Char the peppers on the stovetop or under the broiler with the oven door cracked for the steam to escape.
- Place the charred peppers in a bowl and cover with plastic wrap to cool. Scrape or peel the skin from the peppers, then seed, and thinly slice.
- Heat 1/4 cup extra-virgin olive oil in a large Dutch oven or large, deep skillet over medium-high heat.
- Add the mushrooms and brown 12 to 15 minutes until darkened and tender.
- Add the Fresno peppers, onion, carrot, garlic, paprika, salt, and pepper, and cook to soften, 10 minutes more.
- Add the tomato paste to the vegetables and stir 1 minute.

- Add the stock, wine, Worcestershire sauce, and roasted red peppers. Simmer a few minutes for the flavors to combine, then cool completely and store for make-ahead meal.
- Reheat the mushrooms and sauce over medium heat, stirring occasionally.
- In boiling salted water, cook the egg noodles or egg pasta to al dente and toss with butter and herbs.
- Stir a few spoonfuls of sour cream into the paprikash and serve in shallow bowls on a bed of noodles or pasta.

Nutrition Facts



Properties

Glycemic Index:117.96, Glycemic Load:22.4, Inflammation Score:-10, Nutrition Score:38.02869564554%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 586.66kcal (29.33%), Fat: 25.59g (39.38%), Saturated Fat: 7.62g (47.63%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 60.17g (21.88%), Sugar: 17.06g (18.96%), Cholesterol: 69.76mg (23.25%), Sodium: 753.95mg (32.78%), Alcohol: 6.18g (100%), Alcohol %: 1.26% (100%), Protein: 15.24g (30.48%), Vitamin C: 147.63mg (178.95%), Vitamin A: 7951.76IU (159.04%), Selenium: 78.46µg (112.09%), Vitamin B3: 11.02mg (55.1%), Manganese: 1.05mg (52.68%), Vitamin B6: 0.98mg (48.8%), Phosphorus: 420.22mg (42.02%), Potassium: 1458.9mg (41.68%), Copper: 0.83mg (41.27%), Vitamin E: 5.69mg (37.93%), Fiber: 9.22g (36.89%), Folate: 124.68µg (31.17%), Vitamin B5: 3.04mg (30.39%), Vitamin B2: 0.49mg (28.76%), Vitamin K: 28.91µg (27.53%), Iron: 4.11mg (22.82%), Vitamin B1: 0.32mg (21.43%), Magnesium: 76.45mg (19.11%), Zinc: 2.77mg (18.49%), Calcium: 93.4mg (9.34%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.67µg (4.49%)