



Mom's Chicken Paprika

READY IN



75 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 2 onions peeled sliced into rings
- ☐ 2 tablespoons paprika
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 cup shortening

- ☐ 2.5 cups water hot
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

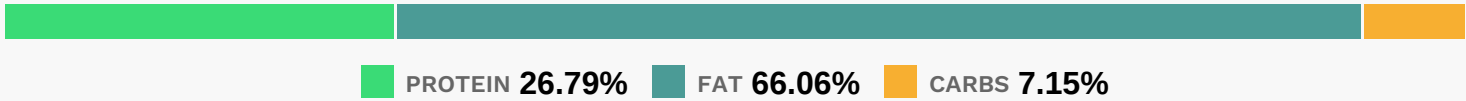
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a shallow dish or bowl, combine 1/2 cup flour, seasoned salt, thyme and ground black pepper.
- ☐ Mix together; coat chicken pieces in this mixture and fry in shortening in a large skillet until lightly browned on all sides.
- ☐ Sprinkle paprika and garlic salt over chicken.
- ☐ Add hot water to skillet and simmer for 30 minutes.
- ☐ Place onion rings on top of chicken pieces and simmer for another 30 minutes.
- ☐ Remove chicken, with onions on top, to a serving platter and reserve.
- ☐ In a small bowl, blend 2 tablespoons flour with milk and add to liquid in skillet. Cook, stirring, until thickened.
- ☐ Pour thickened mixture over chicken and serve with hot cooked white rice or egg noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:3.86, Inflammation Score:-9, Nutrition Score:21.372608495795%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 645.85kcal (32.29%), Fat: 47.13g (72.51%), Saturated Fat: 13.26g (82.9%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 9.14g (3.32%), Sugar: 4.17g (4.64%), Cholesterol: 166.95mg (55.65%), Sodium: 1048.71mg (45.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Vitamin B3: 15.48mg (77.42%), Selenium: 33.71µg (48.16%), Vitamin B6: 0.92mg (46.22%), Vitamin A: 2084.65IU (41.69%), Phosphorus: 382.3mg (38.23%), Vitamin B5: 2.36mg (23.56%), Vitamin B2: 0.38mg (22.38%), Zinc: 3.27mg (21.83%), Potassium: 624.22mg (17.83%), Iron: 3.17mg (17.62%), Vitamin E: 2.5mg (16.64%), Magnesium: 61.75mg (15.44%), Vitamin K: 15.56µg (14.82%), Vitamin B1: 0.22mg (14.49%), Vitamin B12: 0.84µg (13.99%), Manganese: 0.22mg (11.14%), Fiber: 2.34g (9.34%), Vitamin C: 7.65mg (9.27%), Copper: 0.18mg (9.18%), Calcium: 90.71mg (9.07%), Folate: 32.45µg (8.11%), Vitamin D: 0.77µg (5.14%)