

Paprika Chicken

READY IN



65 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves bone in
- ☐ 14 ounce canned tomatoes whole seeded drained canned
- ☐ 0.5 cup chicken broth
- ☐ 4 servings suggested accompaniment: egg noodles
- ☐ 1.5 teaspoons flour stirred together with 1 tablespoon water all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion finely chopped
- ☐ 2 tablespoons paprika

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour for serving

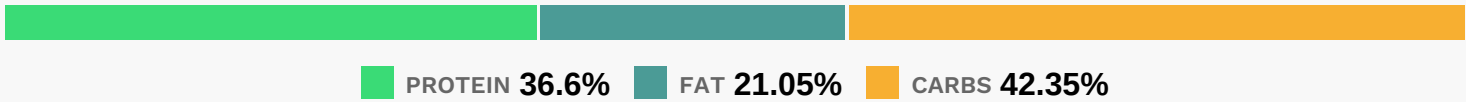
Equipment

- ☐ pot

Directions

- ☐ Cook onion with salt in fat in pot over moderately high heat, covered, stirring occasionally and reducing heat if necessary, until onion is very tender but not browned, about 5 minutes.
- ☐ Add paprika and cook, stirring, 1 minute. Stir in tomatoes and broth, stirring vigorously to break up tomatoes.
- ☐ Add chicken and simmer, meat side down, covered, stirring occasionally, 10 minutes. Simmer, uncovered, until chicken is just cooked through, about 5 to 10 minutes longer.
- ☐ Remove the chicken from the sauce and keep warm.
- ☐ Stir flour mixture and stir into sauce. Simmer, stirring, until sauce is slightly thickened, about 2 minutes.
- ☐ Remove from heat, then season with salt and stir in 2 tablespoons sour cream.
- ☐ Add chicken back to the sauce to warm and coat with the sauce.
- ☐ Serve, sprinkled with parsley, over noodles or rice, with additional sour cream on the side.
- ☐ Cooks' note: Chicken can be prepared, without the sour cream, 2 days ahead and cooled, uncovered, before chilling, covered.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:20.96, Inflammation Score:-9, Nutrition Score:34.756956805354%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg

Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 542.81kcal (27.14%), Fat: 12.73g (19.58%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 57.61g (19.2%), Net Carbohydrates: 51.21g (18.62%), Sugar: 9.52g (10.58%), Cholesterol: 166.88mg (55.63%), Sodium: 615.43mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.79g (99.57%), Selenium: 103.8µg (148.28%), Vitamin B3: 21.83mg (109.16%), Vitamin B6: 1.8mg (89.98%), Phosphorus: 588.29mg (58.83%), Vitamin A: 2234.23IU (44.68%), Manganese: 0.87mg (43.46%), Vitamin K: 44.03µg (41.93%), Potassium: 1317.66mg (37.65%), Vitamin B5: 3.58mg (35.83%), Magnesium: 115.63mg (28.91%), Fiber: 6.4g (25.6%), Vitamin C: 19.96mg (24.2%), Vitamin B1: 0.35mg (23.24%), Copper: 0.46mg (23.13%), Iron: 4.14mg (22.97%), Vitamin E: 3.38mg (22.53%), Vitamin B2: 0.38mg (22.38%), Zinc: 2.75mg (18.31%), Folate: 58.06µg (14.51%), Calcium: 99.02mg (9.9%), Vitamin B12: 0.54µg (9.04%), Vitamin D: 0.35µg (2.33%)