



 12%
HEALTH SCORE

Paprika Chicken

READY IN



20 min.

SERVINGS



6

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes whole drained canned
- 0.5 cup chicken broth
- 8 strips. with skin and bones (2 1/4 lb)
- 8 strips. with skin and bones (2 1/4 lb)
- 1.5 teaspoons flour 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 cream sour for serving

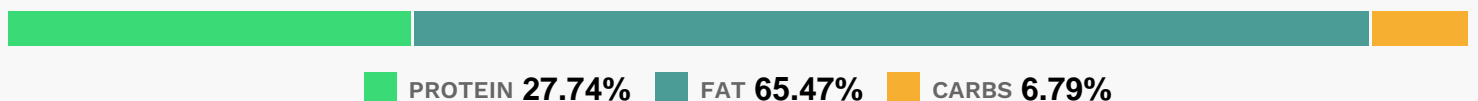
Equipment

- pot
- slotted spoon

Directions

- Pat chicken dry.
- Remove skin and reserve.
- Heat oil in a 5-quart heavy pot over moderate heat until hot, then cook skin until it renders about 1/4 cup fat. Discard skin with a slotted spoon.
- 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, covered, stirring occasionally, 10 minutes. Simmer, uncovered, until chicken is just cooked through, 5 to 10 minutes longer.
- 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.
- Serve, sprinkled with parsley, over noodles or rice, with additional sour cream on the side.
- Chicken can be prepared, without the sour cream, 2 days ahead and cooled, uncovered, before chilling, covered.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:27.964782600817%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 741.02kcal (37.05%), Fat: 53.76g (82.7%), Saturated Fat: 14.32g (89.52%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.65g (6.27%), Cholesterol: 298.06mg (99.35%), Sodium: 494.66mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.25g (102.5%), Selenium: 57.56µg (82.22%), Vitamin B3: 15.19mg (75.96%), Vitamin B6: 1.25mg (62.49%), Phosphorus: 525.2mg (52.52%), Vitamin B5: 3.39mg (33.92%), Vitamin K: 35.25µg (33.57%), Vitamin A: 1665.22IU (33.3%), Vitamin B12: 1.94µg (32.35%), Vitamin B2: 0.5mg (29.25%), Zinc: 4.18mg (27.88%), Potassium: 959.11mg (27.4%), Vitamin B1: 0.31mg (20.99%), Magnesium: 81.34mg (20.34%), Iron: 3.62mg (20.11%), Vitamin E: 2.52mg (16.79%), Copper: 0.32mg (15.93%), Manganese: 0.29mg (14.52%), Vitamin C: 11.86mg (14.38%), Fiber: 3.04g (12.14%), Folate: 32.1µg (8.02%), Calcium: 71.03mg (7.1%), Vitamin D: 0.3µg (2.01%)