



Paprika Chicken

READY IN



20 min.

SERVINGS



6

CALORIES



411 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)
- ☐ 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

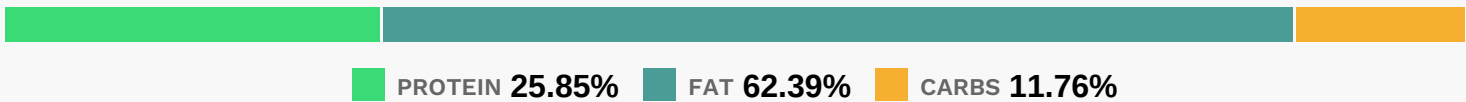
Equipment

- ☐ 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:18.166521818742%

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: 411.06kcal (20.55%), Fat: 28.73g (44.2%), Saturated Fat: 7.58g (47.35%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 9.14g (3.32%), Sugar: 5.65g (6.27%), Cholesterol: 150.4mg (50.13%), Sodium: 378.64mg (16.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.57%), Selenium: 29.38µg (41.98%), Vitamin B3: 8.2mg (40.98%), Vitamin B6: 0.73mg (36.65%), Vitamin A: 1547.7IU (30.95%), Vitamin K: 32.09µg (30.56%), Phosphorus: 287.15mg (28.72%), Vitamin B5: 1.86mg (18.62%), Potassium: 650.24mg (18.58%), Vitamin B2: 0.3mg (17.55%), Vitamin B12: 0.98µg (16.28%), Zinc: 2.3mg (15.32%), Vitamin E: 2.2mg (14.68%), Iron: 2.61mg (14.51%), Vitamin C: 11.86mg (14.38%), Vitamin B1: 0.2mg (13.55%), Manganese: 0.27mg (13.32%), Magnesium: 52.72mg (13.18%), Fiber: 3.04g (12.14%), Copper: 0.24mg (12.09%), Folate: 27.58µg (6.89%), Calcium: 58.98mg (5.9%)