



Paprika Chicken and Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 tablespoons half-and-half cream
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 onion chopped
- ☐ 1.5 teaspoons paprika divided
- ☐ 1 large baking potatoes
- ☐ 0.3 teaspoon salt

- ☐ 0.5 pound chicken breast halves boneless skinless
- ☐ 0.3 cup white wine

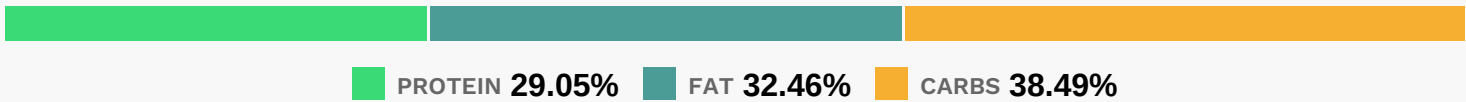
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the potato in a saucepan, and add enough water to cover. Bring to a boil, and cook for about 20 minutes, until potato is tender.
- ☐ Drain, and cut the potato into chunks.
- ☐ Melt butter in a large skillet over medium heat. Rub chicken with 1/2 teaspoon of paprika, salt, and pepper. Fry in butter, turning as needed, until chicken is cooked through.
- ☐ Remove chicken from the pan, and cut into bite size pieces. Set aside.
- ☐ Pour the olive oil into the skillet, and add the onion. Cook and stir until onion is translucent. Stir in the half-and-half, white wine, and potato. Simmer for about 10 minutes to blend the flavors. Return the chicken to skillet, and cook until heated through. Season with remaining paprika, and serve.

Nutrition Facts



Properties

Glycemic Index:111.88, Glycemic Load:27.02, Inflammation Score:-8, Nutrition Score:21.922609111537%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 429.87kcal (21.49%), Fat: 14.58g (22.43%), Saturated Fat: 6.33g (39.57%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 35.44g (12.89%), Sugar: 3.78g (4.2%), Cholesterol: 95.5mg (31.83%), Sodium: 494.42mg (21.5%), Alcohol: 4.12g (100%), Alcohol %: 1.3% (100%), Protein: 29.35g (58.71%), Vitamin B6: 1.58mg (79.16%), Vitamin B3: 13.99mg (69.97%), Selenium: 38.1µg (54.43%), Phosphorus: 382.95mg (38.29%), Potassium: 1326.48mg (37.9%), Vitamin B5: 2.34mg (23.37%), Manganese: 0.45mg (22.28%), Magnesium: 84.16mg (21.04%), Vitamin A: 1031.17IU (20.62%), Vitamin C: 14.13mg (17.13%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.25mg (14.86%), Iron: 2.55mg (14.14%), Fiber: 3.45g (13.81%), Copper: 0.25mg (12.46%), Zinc: 1.45mg (9.67%), Folate: 37.65µg (9.41%), Vitamin E: 1.33mg (8.86%), Vitamin K: 8.02µg (7.64%), Calcium: 70.09mg (7.01%), Vitamin B12: 0.28µg (4.69%)