



Paprika Chicken with Sour Cream Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4 chicken breasts halves boneless skinless
- 10.8 ounces campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- 0.5 cup flour all-purpose
- 1 teaspoon garlic powder
- 0.3 cup green onions sliced
- 1 teaspoon ground pepper black
- 1 teaspoon ground pepper red
- 2 teaspoon paprika

8 ounces cup heavy whipping cream sour

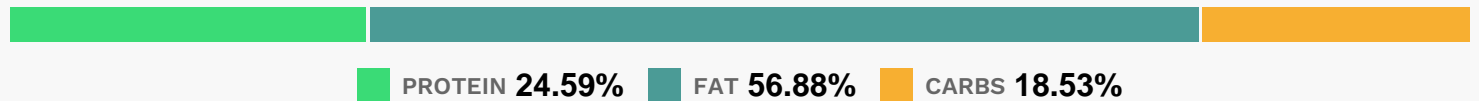
Equipment

frying pan

Directions

- Stir the flour, paprika, garlic powder, black pepper and red pepper on a plate. Coat the chicken with the paprika mixture.
- Heat the butter in a 10-inch skillet over medium-high heat. Cook the chicken for 10 minutes or until it's well browned on both sides.
- Serve with a rice blend, steamed cut green beans and carrot slices. For dessert serve your favorite fruit and gelatin combination.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:19.226521388344%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 478.4kcal (23.92%), Fat: 30.23g (46.51%), Saturated Fat: 15.03g (93.91%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 20.9g (7.6%), Sugar: 2.72g (3.02%), Cholesterol: 142.37mg (47.46%), Sodium: 777.42mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.83%), Vitamin B3: 13.25mg (66.27%), Selenium: 45.49µg (64.99%), Vitamin B6: 0.93mg (46.41%), Phosphorus: 335.1mg (33.51%), Vitamin A: 1645.98IU (32.92%), Vitamin B5: 2.07mg (20.73%), Vitamin B2: 0.35mg (20.54%), Vitamin K: 20.2µg (19.24%), Potassium: 612.14mg (17.49%), Vitamin B1: 0.23mg (15.27%), Manganese: 0.29mg (14.43%), Iron: 2.43mg (13.48%), Magnesium: 47.04mg (11.76%), Vitamin E: 1.66mg (11.1%), Folate: 43.92µg (10.98%), Copper: 0.19mg (9.28%), Calcium: 89.67mg (8.97%), Zinc: 1.29mg (8.63%), Vitamin B12: 0.37µg (6.15%), Fiber: 1.26g (5.05%), Vitamin C: 3.52mg (4.26%)