



## Paprika Chicken with Sour Cream Gravy

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 10.8 ounce 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 onion sliced
- 1 teaspoon ground pepper black
- 1 teaspoon ground pepper red
- 2 teaspoons paprika
- 4 chicken breasts boneless skinless

8 ounce cup heavy whipping cream sour

## Equipment

frying pan

## Directions

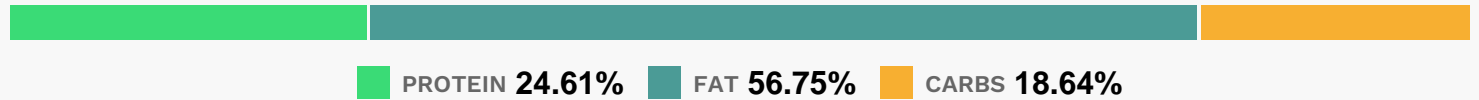
Mix flour, paprika, garlic powder, black pepper and red pepper on plate. Coat chicken.

Heat butter in skillet over medium heat. Cook chicken 10 minutes or until browned. Set chicken aside.

Add soup and green onions.

Heat to a boil. Return chicken to pan. Cover and cook over low heat 10 minutes or until chicken is done. Stir in sour cream.

## Nutrition Facts



## Properties

Glycemic Index:58.5, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:19.340869613316%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 478.69kcal (23.93%), Fat: 30.15g (46.38%), Saturated Fat: 10.1g (63.14%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.02g (7.64%), Sugar: 2.71g (3.01%), Cholesterol: 111.87mg (37.29%), Sodium: 819.99mg (35.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.84%), Vitamin B3: 13.25mg (66.26%), Selenium: 45.35µg (64.79%), Vitamin B6: 0.93mg (46.46%), Vitamin A: 1798.92IU (35.98%), Phosphorus: 334.96mg (33.5%), Vitamin B5: 2.07mg (20.7%), Vitamin B2: 0.35mg (20.56%), Vitamin K: 19.21µg (18.3%), Potassium: 614.7mg (17.56%), Vitamin B1: 0.23mg (15.32%), Manganese: 0.29mg (14.43%), Iron: 2.42mg (13.47%), Vitamin E: 1.78mg (11.84%), Magnesium: 47.18mg (11.8%), Folate: 43.64µg (10.91%), Copper: 0.19mg (9.28%), Calcium: 90.52mg (9.05%), Zinc: 1.28mg (8.54%), Vitamin B12: 0.36µg (5.99%), Fiber: 1.26g (5.05%), Vitamin C: 3.55mg (4.3%)