



Paprika Chicken with Sour Cream Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- 0.5 cup flour all-purpose
- 1 teaspoon garlic powder
- 0.3 cup spring onion sliced
- 1 teaspoon pepper black
- 1 teaspoon ground pepper red
- 2 teaspoons paprika
- 1 pound chicken breast halves boneless skinless

8 ounces cream sour

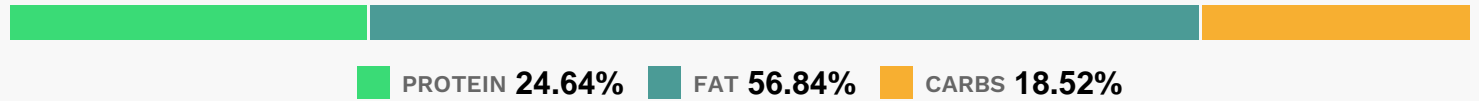
Equipment

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 well browned on both sides.
- Remove the chicken from the skillet.
- Stir the soup and green onions in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Stir in the sour cream.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:19.263478372408%

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: 478.86kcal (23.94%), Fat: 30.24g (46.52%), Saturated Fat: 15.03g (93.92%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 20.9g (7.6%), Sugar: 2.72g (3.02%), Cholesterol: 142.63mg (47.54%), Sodium: 777.89mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (59%), Vitamin B3: 13.3mg (66.48%), Selenium: 45.62µg (65.17%), Vitamin B6: 0.93mg (46.56%), Phosphorus: 335.94mg (33.59%), Vitamin A: 1646.1IU (32.92%), Vitamin B5: 2.08mg (20.79%), Vitamin B2: 0.35mg (20.56%), Vitamin K: 20.2µg (19.24%), Potassium: 613.62mg (17.53%), Vitamin B1: 0.23mg (15.29%), Manganese: 0.29mg (14.43%), Iron: 2.43mg (13.49%), Magnesium: 47.14mg (11.79%), Vitamin E: 1.67mg (11.1%), Folate: 43.94µg (10.98%), Copper: 0.19mg (9.28%), Calcium: 89.69mg (8.97%), Zinc: 1.3mg (8.64%), Vitamin B12: 0.37µg (6.17%), Fiber: 1.26g (5.05%), Vitamin C: 3.52mg (4.27%)