






 **31%**  
HEALTH SCORE

# Pork Paprikash

READY IN  
  
**25 min.**

SERVINGS  
  
**4**

CALORIES  
  
**536 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 serving coarse mustard
- 8 ounces extra wide egg noodles
- 1 tablespoon butter cut into pieces
- 1 pound pork tenderloin skinless halved lengthwise cut
- 2 tablespoons paprika sweet
- 2 tablespoons olive oil
- 1 medium onion chopped
- 14 ounces canned tomatoes whole peeled canned
- 0.5 cup cream sour

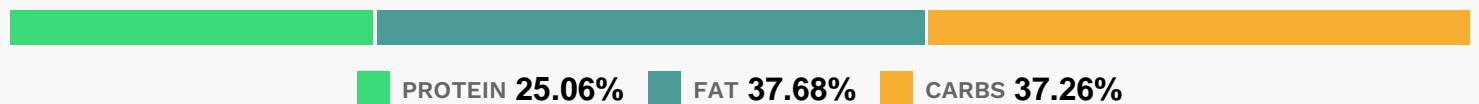
## Equipment

- bowl
- frying pan
- pot
- stove

## Directions

- Bring a large pot of salted water to a boil. Cook noodles until tender; drain and return to pot. Stir in butter; cover and set aside.
- Meanwhile, in a medium bowl, combine pork with 1 tablespoon paprika; season with salt and pepper, and toss to coat. In a large skillet, heat 1 tablespoon oil over medium-high; cook pork, tossing occasionally, until lightly browned on all sides, 3 to 5 minutes.
- Transfer to a plate (reserve skillet).
- Return skillet to stove; reduce heat to medium.
- Add remaining tablespoon oil and onion; cook until onion is soft, 4 to 5 minutes.
- Add pork, remaining tablespoon paprika, tomatoes with their juice, and 1/2 cup water; bring to a boil. Reduce to a simmer; cook, until sauce is slightly thickened, breaking up tomatoes with a spoon, 2 to 4 minutes.
- Remove skillet from heat, and stir in sour cream; season with salt and pepper.
- Serve paprikash over noodles, garnished with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:17.63, Inflammation Score:-9, Nutrition Score:29.897826091103%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

## Nutrients (% of daily need)

Calories: 536.2kcal (26.81%), Fat: 22.59g (34.75%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 45.63g (16.59%), Sugar: 5.96g (6.62%), Cholesterol: 145.82mg (48.61%), Sodium: 261.55mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Selenium: 81.02µg (115.74%), Vitamin B1: 1.29mg (85.81%), Vitamin B6: 1.22mg (61.04%), Vitamin B3: 9.81mg (49.06%), Phosphorus: 474.06mg (47.41%), Vitamin A: 2145.42IU (42.91%), Vitamin B2: 0.59mg (34.62%), Manganese: 0.68mg (33.83%), Potassium: 929.21mg (26.55%), Zinc: 3.65mg (24.35%), Vitamin E: 3.36mg (22.41%), Iron: 4.02mg (22.32%), Magnesium: 86.94mg (21.74%), Copper: 0.38mg (18.98%), Fiber: 4.61g (18.42%), Vitamin B5: 1.81mg (18.09%), Vitamin C: 11.56mg (14.01%), Vitamin B12: 0.82µg (13.67%), Vitamin K: 10.99µg (10.47%), Calcium: 102.48mg (10.25%), Folate: 33.24µg (8.31%), Vitamin D: 0.51µg (3.4%)