

Pork Paprikash

READY IN



45 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons bacon fat
- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 0.8 pound extra wide egg noodles
- ☐ 1 tablespoon flour
- ☐ 2 large bell peppers green cut into thin strips
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 onion cut into thin slices
- ☐ 4 teaspoons paprika
- ☐ 1.5 pounds pork tenderloin cut into 1 1/2-inch cubes

- ☐ 1.8 teaspoons salt
- ☐ 0.8 cup cup heavy whipping cream sour

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large pot, heat 1 tablespoon of the oil over moderately high heat. Toss the pork with the flour, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper.
- ☐ Add about half the pork to the pot and brown for about 3 minutes.
- ☐ Remove. Repeat with the remaining pork and an additional tablespoon oil.
- ☐ Remove.
- ☐ Reduce the heat to moderately low and add the remaining tablespoon oil to the pan.
- ☐ Add the onion and bell peppers. Cook, covered, stirring occasionally, for 7 minutes. Stir in the remaining 1 1/4 teaspoons salt, 1/4 teaspoon black pepper, and the paprika. Cook, stirring, for 30 seconds.
- ☐ Add the pork with any accumulated juices and the broth. Bring to a boil, reduce the heat, and simmer, partially covered, until the pork is just done, 10 to 15 minutes. Reduce the heat to very low and whisk in the sour cream.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the egg noodles until just done, about 7 minutes.
- ☐ Drain.
- ☐ Remove 1/2 cup of the sauce from the stew and toss with the noodles.
- ☐ Serve the stew over the noodles.
- ☐ Wine Recommendation: Stay with Hungary and serve the fearsomely named bull's blood, Egri Bikavr. It's actually a soft, spicy, fruity red that is just perfect with this traditional stew.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:27.37, Inflammation Score:-9, Nutrition Score:40.587391044783%

Flavonoids

Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 763.56kcal (38.18%), Fat: 29.63g (45.58%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 72.72g (24.24%), Net Carbohydrates: 67.24g (24.45%), Sugar: 6.53g (7.26%), Cholesterol: 207.45mg (69.15%), Sodium: 1168.63mg (50.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.5g (103%), Selenium: 121.07µg (172.95%), Vitamin B1: 1.9mg (126.97%), Vitamin B6: 1.77mg (88.63%), Vitamin C: 68.37mg (82.87%), Vitamin B3: 15.02mg (75.11%), Phosphorus: 710.7mg (71.07%), Manganese: 0.97mg (48.52%), Vitamin B2: 0.81mg (47.85%), Potassium: 1240.81mg (35.45%), Zinc: 5.3mg (35.35%), Vitamin A: 1615.2IU (32.3%), Magnesium: 115.83mg (28.96%), Copper: 0.54mg (27.14%), Vitamin B5: 2.52mg (25.21%), Iron: 4.36mg (24.23%), Vitamin E: 3.58mg (23.9%), Fiber: 5.48g (21.92%), Vitamin B12: 1.31µg (21.84%), Vitamin K: 16.76µg (15.96%), Folate: 45.13µg (11.28%), Calcium: 108.19mg (10.82%), Vitamin D: 0.77µg (5.1%)