



WHATSheATE



Sautéed Chicken Paprika



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 4 servings parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ground mustard
- ☐ 3 tablespoons matzo meal
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon vegetable oil; peanut oil preferred

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- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.3 cup wine

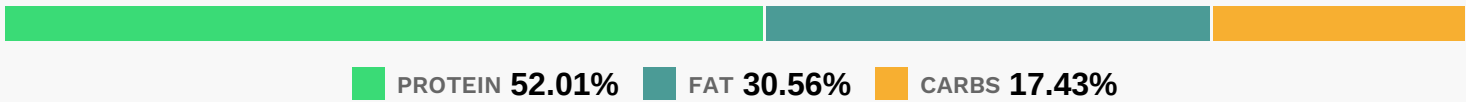
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix matzo meal, paprika, mustard, salt and pepper. Evenly coat chicken with matzo meal mixture, reserving any remaining mixture.
- ☐ In 10-inch nonstick skillet, heat 3 teaspoons oil over medium heat until hot.
- ☐ Add chicken; cook 1 to 2 minutes on each side or until lightly browned.
- ☐ Remove chicken from skillet; keep warm.
- ☐ In same skillet, heat remaining 1 teaspoon oil.
- ☐ Add onion and garlic; cook about 5 minutes, stirring occasionally, until onion is tender. Stir in broth, wine and reserved matzo mixture. Return chicken to skillet.
- ☐ Heat to boiling; reduce heat. Cover; simmer 7 to 9 minutes or until juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Stir in tomato. Cover; cook 2 to 3 minutes or until heated.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:21.300869576309%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 261.67kcal (13.08%), Fat: 8.37g (12.88%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 9.2g (3.35%), Sugar: 1.68g (1.86%), Cholesterol: 91.6mg (30.53%), Sodium: 479.23mg (20.84%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 32.05g (64.1%), Vitamin B3: 15.58mg (77.89%), Selenium: 49.76µg (71.08%), Vitamin K: 69.18µg (65.89%), Vitamin B6: 1.17mg (58.54%), Phosphorus: 331.59mg (33.16%), Vitamin A: 1398.7IU (27.97%), Vitamin B5: 2.17mg (21.71%), Potassium: 688.51mg (19.67%), Vitamin C: 11.08mg (13.43%), Vitamin B2: 0.23mg (13.39%), Magnesium: 51.61mg (12.9%), Manganese: 0.23mg (11.71%), Vitamin B1: 0.16mg (10.61%), Vitamin E: 1.59mg (10.6%), Iron: 1.62mg (8.97%), Zinc: 1.14mg (7.63%), Fiber: 1.54g (6.17%), Folate: 20.24µg (5.06%), Vitamin B12: 0.29µg (4.87%), Copper: 0.09mg (4.7%), Calcium: 30.32mg (3.03%)