



Sautéed Chicken Paprika

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth progresso® (from 32-oz carton)
- ☐ 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
- ☐ 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

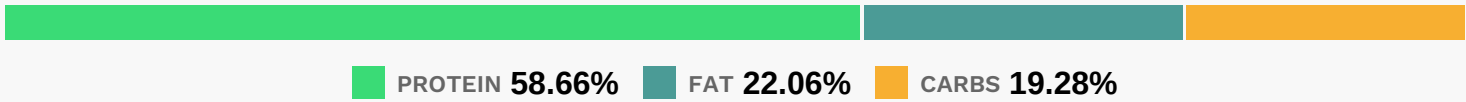
Equipment

- ☐ 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 (170°F).
- ☐ Stir in tomato. Cover; cook 2 to 3 minutes or until heated.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:17.547826069853%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 233.71kcal (11.69%), Fat: 5.34g (8.21%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.08g (3.3%), Sugar: 1.64g (1.82%), Cholesterol: 91.6mg (30.53%), Sodium: 476.99mg (20.74%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 31.93g (63.86%), Vitamin B3: 15.53mg (77.63%), Selenium: 49.75µg (71.08%), Vitamin B6: 1.17mg (58.36%), Phosphorus: 329.27mg (32.93%), Vitamin B5: 2.16mg (21.55%), Vitamin A: 1061.74IU (21.23%), Potassium: 666.35mg (19.04%), Vitamin B2: 0.22mg (13.16%), Magnesium: 49.61mg (12.4%), Manganese: 0.23mg (11.39%), Vitamin B1: 0.16mg (10.38%), Iron: 1.37mg (7.59%), Zinc: 1.1mg (7.35%), Vitamin E: 1.09mg (7.26%), Vitamin C: 5.76mg (6.98%), Fiber: 1.41g (5.64%), Vitamin B12: 0.29µg (4.87%), Copper: 0.09mg (4.41%), Folate: 14.16µg (3.54%), Vitamin K: 3.56µg (3.39%), Calcium: 24.8mg (2.48%)