



WHATSheATE



Slow-Cooked Paprika Chicken with Mashed Potatoes

 Gluten Free

READY IN



505 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken thighs boneless skinless cut into 3/4-inch pieces
- ☐ 1.5 cups carrots fresh sliced
- ☐ 1 medium onion halved sliced
- ☐ 1 medium bell pepper green chopped
- ☐ 3 teaspoons paprika
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 10.8 oz cream of chicken soup canned

- ☐ 1 cup peas sweet frozen thawed
- ☐ 0.5 cup cream sour with chives
- ☐ 4 cups potatoes prepared mashed
- ☐ 1 pieces oz. bacon into pieces cooked

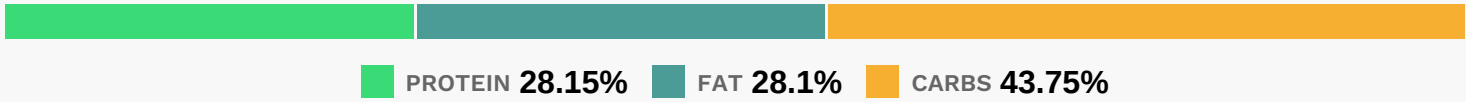
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2 or 4-quart slow cooker, combine chicken, carrots, onion, bell pepper, paprika, seasoned salt and soup; mix well.
- ☐ Cover; cook on Low setting for 6 to 8 hours.
- ☐ About 10 minutes before serving, stir thawed peas and sour cream into chicken mixture. Cover; cook an additional 10 minutes or until thoroughly heated.
- ☐ Serve chicken mixture with mashed potatoes; sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:44.99, Glycemic Load:21.88, Inflammation Score:-10, Nutrition Score:26.047826207202%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 351.33kcal (17.57%), Fat: 11.05g (17%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 32.35g (11.76%), Sugar: 6.26g (6.96%), Cholesterol: 105.38mg (35.13%), Sodium: 679.1mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.79%), Vitamin A: 6334.42IU (126.69%), Vitamin C: 56.67mg (68.69%), Vitamin B6: 1.01mg (50.71%), Vitamin B3: 8.01mg (40.03%), Selenium: 24.07µg (34.39%), Phosphorus: 336.55mg (33.65%), Potassium: 1115.45mg (31.87%), Fiber: 6.35g (25.41%), Manganese: 0.48mg

(23.75%), Vitamin B1: 0.32mg (21.06%), Vitamin B2: 0.34mg (20.05%), Vitamin K: 20.33µg (19.36%), Vitamin B5: 1.89mg (18.9%), Magnesium: 75.3mg (18.82%), Copper: 0.36mg (17.85%), Iron: 3.17mg (17.61%), Zinc: 2.53mg (16.87%), Folate: 56.09µg (14.02%), Vitamin B12: 0.64µg (10.75%), Calcium: 76.99mg (7.7%), Vitamin E: 1.14mg (7.61%)