



Slow Cooker Chicken Paprikash

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.5 cup carrots shredded
- ☐ 1.3 cups fat-skimmed beef broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons paprika sweet
- ☐ 1.3 cups cream sour reduced-fat
- ☐ 8 ounce mushrooms
- ☐ 2 cups onion chopped (1 large)

- ☐ 1 cup bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 2 pounds chicken breast boneless skinless cut into 1/2-inch strips

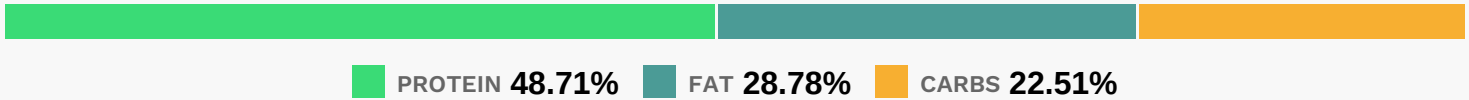
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine flour and chicken in a medium bowl; toss well.
- ☐ Add chicken mixture, chopped onion, and the next 8 ingredients (through mushrooms) to an electric slow cooker. Cover and cook on low for 8 hours.
- ☐ Stir in sour cream.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:27.95260860609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 303.45kcal (15.17%), Fat: 9.71g (14.94%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 13.95g (5.07%), Sugar: 5g (5.56%), Cholesterol: 113.54mg (37.85%), Sodium: 810.55mg (35.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Vitamin B3: 18.31mg (91.57%), Selenium: 56.4µg (80.57%), Vitamin A: 3914.33IU (78.29%), Vitamin B6: 1.41mg (70.61%), Vitamin C: 39.94mg (48.42%), Phosphorus: 429.36mg (42.94%), Vitamin B5: 3.04mg (30.4%), Potassium: 1028.21mg (29.38%), Vitamin B2: 0.46mg (27.17%), Magnesium: 63.55mg (15.89%), Vitamin B1: 0.24mg (15.71%), Manganese: 0.29mg (14.58%), Fiber: 3.14g (12.56%), Folate: 49.91µg (12.48%), Copper: 0.24mg (11.96%), Zinc: 1.65mg (11.02%), Vitamin E: 1.59mg (10.63%),

Calcium: 106.31mg (10.63%), Vitamin B12: 0.61µg (10.22%), Iron: 1.83mg (10.17%), Vitamin K: 5.84µg (5.56%), Vitamin D: 0.32µg (2.15%)