



Slow-Cooker Chicken with Creamy Paprika Sauce

 Dairy Free

READY IN



440 min.

SERVINGS



5

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken thighs skinless
- 1 medium onion sliced
- 3 tablespoons chicken broth (from 32-oz carton)
- 2 tablespoons paprika
- 0.5 teaspoon salt
- 3 cups extra wide egg noodles uncooked
- 3 tablespoons cornstarch

- 3 tablespoons water cold
- 8 oz condensed cream of potato soup sour

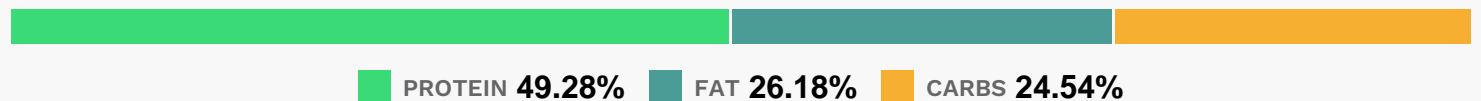
Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place chicken and onion. In small bowl, mix broth and paprika; pour over chicken.
- Sprinkle with salt.
- Cover; cook on Low heat setting 7 to 8 hours.
- About 20 minutes before serving, cook and drain noodles as directed on package.
- Remove chicken and onion from cooker, using slotted spoon.
- Place on serving platter; cover to keep warm. In small bowl, mix cornstarch and water; stir into juices in cooker. Increase heat setting to High. Cover; cook about 10 minutes or until thickened. Stir in potato topper.
- Pour sauce over chicken.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:7.35, Inflammation Score:-8, Nutrition Score:27.954347857962%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 473.7kcal (23.69%), Fat: 13.45g (20.7%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 26.05g (9.47%), Sugar: 2.46g (2.73%), Cholesterol: 280.15mg (93.38%), Sodium: 791.03mg (34.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.98g (113.97%), Selenium: 80.79µg (115.42%), Vitamin B3: 16.2mg (81%), Vitamin B6: 1.36mg (68.01%), Phosphorus: 596.82mg (59.68%), Vitamin B5: 3.89mg (38.89%), Zinc: 4.97mg (33.14%), Vitamin B2: 0.56mg (33%), Vitamin B12: 1.83µg (30.46%), Vitamin A: 1490.03IU (29.8%), Potassium: 869.63mg (24.85%), Manganese: 0.45mg (22.74%), Vitamin B1: 0.32mg (21.18%), Magnesium: 83.79mg (20.95%), Iron: 3.45mg (19.18%), Copper: 0.34mg (17.24%), Vitamin K: 10.84µg (10.33%), Vitamin E: 1.43mg (9.53%), Fiber: 2.33g (9.31%), Folate: 23.96µg (5.99%), Calcium: 52.07mg (5.21%), Vitamin C: 1.65mg (2%)