

Turkey Paprikash

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 cup heavy whipping cream sour reduced-fat
- ☐ 1 cup onion vertically sliced
- ☐ 2 tablespoons paprika divided
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound turkey breast cutlets cut into 1/4-inch-wide strips
- ☐ 2 teaspoons vegetable oil

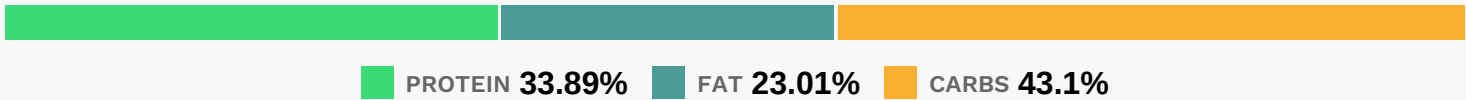
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While noodles cook, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine sour cream, 1 tablespoon paprika, 1/4 teaspoon salt, and pepper in a bowl; set aside.
- ☐ Combine 1 tablespoon paprika, 1/4 teaspoon salt, onion, and turkey, tossing to coat.
- ☐ Add turkey mixture to pan; saut 4 minutes or until turkey is done.
- ☐ Add broth; cook 2 minutes or until liquid almost evaporates. Reduce heat to medium-low.
- ☐ Add sour cream mixture; cook 1 minute or until thoroughly heated, stirring constantly (do not boil).
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:17.9, Inflammation Score:-8, Nutrition Score:14.469130427941%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 464.47kcal (23.22%), Fat: 11.92g (18.33%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 46.43g (16.88%), Sugar: 3.29g (3.66%), Cholesterol: 138.63mg (46.21%), Sodium: 522.54mg (22.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.49g (78.98%), Selenium: 47.51µg (67.88%), Vitamin A: 1949.13IU (38.98%), Manganese: 0.61mg (30.59%), Phosphorus: 203.38mg (20.34%), Fiber: 3.8g (15.22%),

Vitamin B6: 0.26mg (13.06%), Magnesium: 49.37mg (12.34%), Iron: 2.18mg (12.1%), Calcium: 120mg (12%), Potassium: 408.68mg (11.68%), Copper: 0.23mg (11.27%), Zinc: 1.6mg (10.69%), Vitamin E: 1.59mg (10.63%), Vitamin B2: 0.18mg (10.59%), Vitamin B1: 0.15mg (10.1%), Vitamin B3: 1.79mg (8.95%), Folate: 32.39µg (8.1%), Vitamin B12: 0.46µg (7.71%), Vitamin K: 7.88µg (7.51%), Vitamin B5: 0.69mg (6.9%), Vitamin C: 3.51mg (4.25%), Vitamin D: 0.29µg (1.9%)