

# Chicken Paprikash II

*Food Network Kitchens  
Scripps Treasure Coast Newspapers*

## **Servings: 4**

*Kosher salt  
6 slices bacon, diced  
1 medium onion, chopped  
1 green bell pepper, chopped  
1/4 cup all-purpose flour  
2 tablespoons paprika  
1/2 teaspoon dried marjoram  
1 1/2 pounds skinless/ boneless  
chicken thighs, cut in half  
2 cups low-sodium chicken broth  
8 ounces egg noodles  
1/2 cup sour cream  
2 tablespoons fresh parsley, chopped*

Bring a pot of salted water to a boil.

Meanwhile, cook the bacon in a separate pot over medium heat, 2 minutes. Add the onion and bell pepper and cook for 3 more minutes.

In a large bowl, combine the flour, paprika, marjoram and one large teaspoon of salt; add the chicken and toss to coat.

Push the bacon and vegetables to one side of the pot and increase the heat to medium high. Add the chicken and any remaining flour mixture to the other side and cook, turning, until browned, about 6 minutes. Stir together the chicken, bacon and vegetables and cook for 2 more minutes. Add the chicken broth and bring to a boil. Stir, then reduce the heat to medium-low. Cover and simmer until the chicken is almost cooked through, about 10 more minutes.

Meanwhile, add the noodles to the boiling water and cook as the label directs; drain.

Uncover the pot with the chicken, increase the heat to high and cook for 2 minutes. Reduce the heat to low; stir in the sour cream and parsley and cook for 2 more minutes.

Season with salt. Serve over the noodles.

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Per Serving (excluding unknown items): 405 Calories; 15g Fat (31.2% calories from fat); 19g Protein; 55g Carbohydrate; 4g Dietary Fiber; 75mg Cholesterol; 203mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	405	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	31.2%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	50.9%	<b>Thiamin B1 (mg):</b>	.8mg
<b>% Calories from Protein:</b>	17.8%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	15g	<b>Folacin (mcg):</b>	56mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	75mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	55g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	3
<b>Protein (g):</b>	19g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	203mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	491mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	79mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	5mg	<b>Fat:</b>	2
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	37mg		
<b>Vitamin A (i.u.):</b>	2644IU		
<b>Vitamin A (r.e.):</b>	316RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 405 **Calories from Fat:** 127

**% Daily Values\***

<b>Total Fat</b> 15g	23%
Saturated Fat 6g	30%
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 203mg	8%
<b>Total Carbohydrates</b> 55g	18%
Dietary Fiber 4g	14%
<b>Protein</b> 19g	
<b>Vitamin A</b>	53%
<b>Vitamin C</b>	61%
<b>Calcium</b>	8%
<b>Iron</b>	27%

\* Percent Daily Values are based on a 2000 calorie diet.