

Lemony Paprika Chicken

Lynne Della Donna

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

*2 pounds boneless/ skinless chicken
breasts, cut into cubes
2/3 cup all-purpose flour
1 teaspoon paprika
1/2 teaspoon onion powder
salt (to taste)
pepper (to taste)
6 tablespoons butter
juice of one whole lemon*

Place the flour, paprika, onion powder, salt and pepper into a paper bag.

Place the cubed chicken into the bag and shake until well-coated.

In a skillet, melt the butter and brown the chicken well.

Add the lemon juice and cook an additional 10 minutes.

Serve over rice and noodles.

Per Serving (excluding unknown items): 230 Calories; 18g Fat (67.8% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 176mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	230
% Calories from Fat:	67.8%
% Calories from Carbohydrates:	28.0%
% Calories from Protein:	4.2%
Total Fat (g):	18g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	47mg
Carbohydrate (g):	16g
	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	33mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

1
1

Dietary Fiber (g):
Protein (g): 2g
Sodium (mg): 176mg
Potassium (mg): 44mg
Calcium (mg): 10mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 999IU
Vitamin A (r.e.): 195 1/2RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 230 **Calories from Fat:** 156

% Daily Values*

Total Fat	18g	27%
	Saturated Fat 11g	54%
Cholesterol	47mg	16%
Sodium	176mg	7%
Total Carbohydrates	16g	5%
	Dietary Fiber 1g	3%
Protein	2g	

Vitamin A	20%
Vitamin C	1%
Calcium	1%
Iron	6%

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