

Easy Chicken Paprika

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

Servings: 6

1/2 cup all-purpose flour
1 teaspoon salt
1/8 teaspoon pepper
1 (2-1/2 pound) chicken, cut into serving pieces
3 tablespoons vegetable oil
1 tablespoon paprika
1 medium onion, chopped
2 jars (12 ounce ea) chicken gravy
1 cup sour cream
1 package (8 ounce) egg noodles, cooked according to package directions

In a shallow bowl, combine the flour, salt and pepper. Coat each chicken piece in the flour.

In a skillet with oil heated to 375 degrees, fry the chicken until browned, turn as necessary. Remove the chicken from the skillet.

Stir the paprika, onion and gravy into the pan with the drippings.

Return the chicken to the skillet. Cover and simmer for one and one-half hours. Remove the chicken and set aside.

Let the sauce cool. Blend in the sour cream. Return the chicken to the skillet and heat gently.

Serve over freshly cooked noodles.

Per Serving (excluding unknown items): 293 Calories; 21g Fat (63.5% calories from fat); 5g Protein; 22g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 951mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	293	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	29.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	21g	Folacin (mcg):	29mcg
Saturated Fat (g):	7g	Niacin (mg):	2mg

Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	25mg
Carbohydrate (g):	22g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	951mg
Potassium (mg):	246mg
Calcium (mg):	76mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1370IU
Vitamin A (r.e.):	272RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 293	Calories from Fat: 186
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% Daily Values*

Total Fat 21g	32%
Saturated Fat 7g	36%
Cholesterol 25mg	8%
Sodium 951mg	40%
Total Carbohydrates 22g	7%
Dietary Fiber 2g	8%
Protein 5g	
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Vitamin A	27%
Vitamin C	4%
Calcium	8%
Iron	9%

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