



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken Stroganoff ♦

Chicken Stroganoff is a classic Russian dish made with tender chicken, mushrooms, and a creamy sauce. It is typically served over egg noodles or rice. This recipe is a variation of the traditional beef stroganoff, but with chicken instead. It is a comforting and delicious meal that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	Mushrooms
100 g	onion
2 cloves	garlic

30 g	butter
30 g	flour
250 ml	chicken broth
200 g	sour cream
1 tsp	Paprika
1 tsp	Salt
0.5 tsp	Black pepper
250 g	egg noodles

Directions

Step 1

Cutting

Slice the chicken breast into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the mushrooms and chop the onion and garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Melt butter in a large skillet over medium heat. Add the chicken and cook until browned. Remove from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Stove

In the same skillet, add the mushrooms, onion, and garlic. Cook until the mushrooms are tender and the onion is translucent.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Sprinkle flour over the mushrooms, onion, and garlic. Stir to coat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Stove

Gradually add chicken broth to the skillet, stirring constantly. Bring to a simmer and cook until the sauce thickens.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Stove

Stir in sour cream, paprika, salt, and black pepper. Cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Stove

Return the chicken to the skillet and cook until heated through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 9

Boiling

Cook the egg noodles according to package instructions. Serve the stroganoff over the noodles.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 280 kcal

Fat: 12 g

Protein: 26 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	26 g	152.94%	152.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	470 mg	13.82%	18.08%
Zinc	15 mg	136.36%	187.5%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian French Thai Mediterranean American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers

Salads

Meal Type

Lunch

Dinner

Difficulty Level

Medium

Visit our website: healthdor.com