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30-Minute Chicken Stroganoff ♦

A quick and delicious chicken dish inspired by the classic beef stroganoff. It features tender chicken pieces cooked in a creamy mushroom sauce and served over egg noodles.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
250 g	Egg Noodles
200 g	Mushrooms
100 g	onion
2 cloves	garlic

200 g	sour cream
250 ml	chicken broth
30 g	Flour
30 g	Butter
1 tsp	Salt
0.5 tsp	Black pepper
10 g	Parsley

Directions

Step 1

Boiling

Cook the egg noodles according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a large skillet, melt the butter over medium heat. Add the chicken breast and cook until browned and cooked through, about 6-8 minutes. Remove the chicken from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In the same skillet, add the onion and garlic. Cook until softened, about 2-3 minutes. Add the mushrooms and cook until they release their liquid and start to brown, about 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Sprinkle the flour over the mushrooms and stir to coat. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stove

Slowly pour in the chicken broth, stirring constantly. Bring to a simmer and cook until the sauce thickens, about 2-3 minutes.

Prep Time: 1 mins

Cook Time: 3 mins

Step 6

Stove

Stir in the sour cream and season with salt and black pepper. Return the chicken to the skillet and cook until heated through, about 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Plating

Serve the chicken stroganoff over the cooked egg noodles. Garnish with parsley.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian

Chinese

French

American

Middle Eastern

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Blender

Course

Side Dishes

Desserts

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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