



Alice's Sour Cream Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chicken broth
- 1 dash lemon pepper
- 0.3 cup parmesan cheese grated
- 1 pinch salt
- 4 chicken breasts boneless skinless
- 12 ounces cup heavy whipping cream sour
- 0.3 cup white wine

Equipment

microwave

Directions

- Simmer chicken breasts in water to cover until almost tender.
- Drain, and reserve broth.
- In a microwave-safe dish, mix together sour cream, parmesan cheese, white wine, chicken broth, salt and lemon pepper.
- Cut chicken into bite size pieces, and put in sauce mixture. Cover. Microwave on High for about 10 to 15 minutes, then on Low for another 5 minutes. Make sure it doesn't burn. When sauce starts to thicken and chicken is tender, it is done!

Nutrition Facts

 **PROTEIN 34.58%**  **FAT 58.87%**  **CARBS 6.55%**

Properties

Glycemic Index:11.75, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:14.425217383501%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 340.87kcal (17.04%), Fat: 21.21g (32.63%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.16g (3.51%), Cholesterol: 128.23mg (42.74%), Sodium: 332.01mg (14.44%), Alcohol: 2.06g (100%), Alcohol %: 1.09% (100%), Protein: 28.03g (56.05%), Vitamin B3: 11.92mg (59.62%), Selenium: 41.57µg (59.39%), Vitamin B6: 0.9mg (44.82%), Phosphorus: 345.79mg (34.58%), Vitamin B5: 1.93mg (19.27%), Vitamin B2: 0.29mg (17.01%), Potassium: 553.09mg (15.8%), Calcium: 149.3mg (14.93%), Vitamin A: 618.25IU (12.36%), Magnesium: 42.26mg (10.57%), Zinc: 1.24mg (8.28%), Vitamin B12: 0.49µg (8.2%), Vitamin B1: 0.1mg (6.34%), Vitamin E: 0.58mg (3.84%), Manganese: 0.06mg (3.25%), Iron: 0.57mg (3.18%), Copper: 0.05mg (2.58%), Vitamin C: 2.12mg (2.57%), Folate: 10.2µg (2.55%), Vitamin K: 1.73µg (1.65%)