



Apple Filled Chicken in Pecan Creme Sauce

READY IN

ready

55 min.

SERVINGS

servings

2

CALORIES

calories

713 kcal

SAUCE

Ingredients

- ☐ 3 egg yolks
- ☐ 1 apples i use 2 granny smith apples cored peeled thinly sliced
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 2 tablespoons milk
- ☐ 0.3 cup pecans finely chopped
- ☐ 2 slices provolone cheese halved
- ☐ 1 shallots sliced
- ☐ 2 chicken breast halves boneless skinless
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.3 cup sugar white
- ☐ 0.3 cup white wine

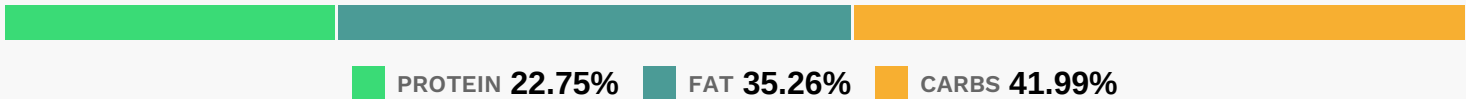
Equipment

- ☐ oven
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly oil a baking pan.
- ☐ Cutting close to the smooth side of the breast ensures no holes in the chicken.)
- ☐ Place 1 half-slice of provolone inside each chicken, followed by half of the apple slices, and a small amount of shallot or onion, to suit your tastes. Top with the remaining half slice of provolone. Pull the chicken back together, sprinkle with a small amount of milk, and coat with breadcrumbs.
- ☐ Place stuffed breasts on baking pan.
- ☐ Bake in preheated oven for 30 to 35 minutes, or until no longer pink, and juices run clear.
- ☐ While the chicken bakes, you may start your sauce. In a double boiler over lightly simmering water, combine the egg yolks and sugar. Beat until the yolk lightens and froth forms. Slowly add the wine, stirring constantly, until the sauce thickens.
- ☐ Remove from the heat and stir in the pecans and vanilla. The sauce looks nice served under the chicken with a small amount drizzled over it.

Nutrition Facts



Properties

Glycemic Index:111.05, Glycemic Load:27.65, Inflammation Score:-7, Nutrition Score:29.316087100817%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg

0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 712.63kcal (35.63%), Fat: 27.34g (42.07%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 73.28g (24.43%), Net Carbohydrates: 67.92g (24.7%), Sugar: 47.37g (52.63%), Cholesterol: 379.13mg (126.38%), Sodium: 693mg (30.13%), Alcohol: 3.43g (100%), Alcohol %: 1.13% (100%), Protein: 39.7g (79.4%), Selenium: 62.63µg (89.47%), Vitamin B3: 13.99mg (69.95%), Vitamin B6: 1.14mg (56.97%), Phosphorus: 565.8mg (56.58%), Manganese: 1.05mg (52.49%), Vitamin B1: 0.53mg (35.64%), Vitamin B2: 0.52mg (30.44%), Vitamin B5: 2.97mg (29.74%), Calcium: 279.94mg (27.99%), Folate: 91.82µg (22.95%), Potassium: 783.98mg (22.4%), Fiber: 5.36g (21.45%), Zinc: 3.12mg (20.83%), Vitamin B12: 1.22µg (20.26%), Magnesium: 78.43mg (19.61%), Iron: 3.43mg (19.07%), Copper: 0.33mg (16.65%), Vitamin K: 17.38µg (16.55%), Vitamin A: 729.91IU (14.6%), Vitamin D: 1.83µg (12.21%), Vitamin E: 1.4mg (9.33%), Vitamin C: 7.5mg (9.09%)