



Basil Cream Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs
- 3 tablespoons butter
- 0.5 cup chicken broth
- 0.3 cup basil fresh chopped
- 0.1 teaspoon ground pepper black
- 1 cup heavy whipping cream
- 0.3 cup milk
- 0.5 cup parmesan cheese grated
- 4 ounce pimento peppers drained sliced

1 pound chicken breast halves boneless skinless

Equipment

bowl

frying pan

Directions

Place milk and breadcrumbs in separate shallow bowls. Dip chicken in the milk, then coat with breadcrumbs. In a skillet over medium heat, fry chicken in butter or margarine, on both sides, until the juices run clear.

Remove from skillet and keep warm.

Add the broth to the skillet; bring to a boil over medium heat. Stir to loosen browned bits from pan. Stir in the cream and pimentos; boil and stir for one minute. Reduce heat; add the Parmesan cheese, basil and black pepper. Simmer and stir until heated through. To serve, pour the sauce over the chicken.

Nutrition Facts

PROTEIN **24.93%** FAT **66.54%** CARBS **8.53%**

Properties

Glycemic Index:58.75, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:20.695217422817%

Nutrients (% of daily need)

Calories: 505.5kcal (25.27%), Fat: 37.46g (57.62%), Saturated Fat: 22.05g (137.8%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.8g (3.56%), Sugar: 3.98g (4.42%), Cholesterol: 175.68mg (58.56%), Sodium: 602.95mg (26.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Selenium: 44.72µg (63.89%), Vitamin B3: 12.64mg (63.18%), Vitamin B6: 0.98mg (48.76%), Vitamin A: 2136.63IU (42.73%), Phosphorus: 389.02mg (38.9%), Vitamin C: 31.47mg (38.15%), Vitamin B2: 0.36mg (21.15%), Calcium: 195.16mg (19.52%), Vitamin B5: 1.92mg (19.23%), Potassium: 602.98mg (17.23%), Vitamin K: 12.79µg (12.18%), Vitamin B1: 0.17mg (11.66%), Magnesium: 46.31mg (11.58%), Zinc: 1.61mg (10.74%), Vitamin B12: 0.62µg (10.34%), Vitamin E: 1.35mg (8.97%), Vitamin D: 1.3µg (8.64%), Iron: 1.52mg (8.45%), Manganese: 0.16mg (7.78%), Folate: 18.22µg (4.55%), Copper: 0.09mg (4.38%), Fiber: 1g (3.98%)