



Chicken a la Creme

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1.5 pounds chicken tenderloins
- 1 pint cup heavy whipping cream
- 6 servings salt and pepper to taste

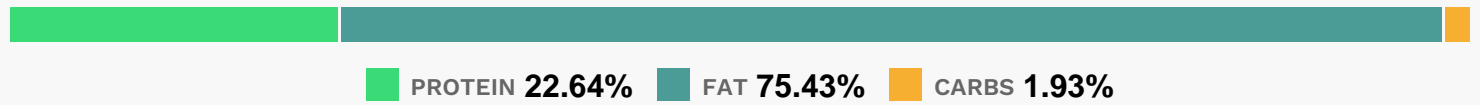
Equipment

- frying pan

Directions

- Melt half of the butter in a large skillet over medium-high heat. Season chicken tenders with salt and pepper, and saute them in butter until golden on all sides, about 10 minutes.
- Add the remaining butter, reduce heat to medium, and cook for 5 more minutes.
- Pour the heavy cream into the skillet, and simmer gently for 5 minutes, stirring occasionally, until the sauce has thickened and chicken is cooked through. Best when served with fresh French bread for dipping.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:14.195217399494%

Nutrients (% of daily need)

Calories: 465.22kcal (23.26%), Fat: 39.08g (60.12%), Saturated Fat: 23.64g (147.77%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.31g (2.56%), Cholesterol: 182.02mg (60.67%), Sodium: 407.44mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.79%), Vitamin B3: 11.88mg (59.41%), Selenium: 38.75µg (55.35%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 286.15mg (28.61%), Vitamin A: 1429.66IU (28.59%), Vitamin B5: 1.83mg (18.27%), Vitamin B2: 0.26mg (15.58%), Potassium: 496.8mg (14.19%), Vitamin D: 1.38µg (9.17%), Magnesium: 35.2mg (8.8%), Vitamin E: 1.16mg (7.74%), Vitamin B12: 0.37µg (6.15%), Calcium: 60.11mg (6.01%), Vitamin B1: 0.09mg (5.92%), Zinc: 0.86mg (5.71%), Vitamin K: 3.41µg (3.25%), Iron: 0.5mg (2.79%), Vitamin C: 1.83mg (2.22%), Folate: 7.97µg (1.99%), Copper: 0.04mg (1.97%)