



Chicken Breasts in Caper Cream Sauce

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



311 kcal

SAUCE

Ingredients

- 3 tablespoons butter
- 2 tablespoons capers drained and rinsed
- 1 teaspoon dill dried
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless
- 0.5 cup whipping cream

Equipment

- frying pan
- whisk
- aluminum foil
- stove

Directions

- Season chicken breasts with lemon pepper, salt, dill weed, and garlic powder.
- Melt butter in a large skillet over medium heat.
- Place breasts in skillet, and increase heat to medium-high. Turn chicken frequently, until brown, about 5 minutes. Reduce heat to medium, and cook 5 to 7 minutes, until breasts are cooked through.
- Remove chicken to a warm serving platter, and cover with foil.
- Return skillet to stove, and increase heat to high.
- Whisk in whipping cream, whisking continuously until reduced to sauce consistency, about 3 minutes.
- Remove from heat. Stir in capers.
- Pour sauce over chicken, and serve.

Nutrition Facts



PROTEIN 32.63% **FAT 64.71%** **CARBS 2.66%**

Properties

Glycemic Index:21.75, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:12.954782703648%

Flavonoids

Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 310.55kcal (15.53%), Fat: 22.25g (34.23%), Saturated Fat: 12.9g (80.62%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.91g (1.01%), Cholesterol: 128.51mg (42.84%), Sodium: 899.83mg (39.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.49%), Vitamin B3: 11.85mg (59.27%), Selenium: 37.41µg (53.44%), Vitamin B6: 0.88mg (43.81%), Phosphorus: 262.73mg (26.27%), Vitamin B5: 1.71mg (17.11%), Vitamin A: 756.5IU (15.13%), Potassium: 474.46mg (13.56%), Vitamin B2: 0.18mg (10.63%), Magnesium: 35.57mg (8.89%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.79mg (5.25%), Vitamin E: 0.78mg (5.18%), Manganese: 0.1mg (5.14%), Vitamin B12: 0.29µg (4.86%), Iron: 0.73mg (4.08%), Vitamin D: 0.59µg (3.93%), Calcium: 37.03mg (3.7%), Vitamin K: 3.72µg (3.54%), Copper: 0.06mg (3.05%), Vitamin C: 1.84mg (2.23%), Folate: 7.38µg (1.85%), Fiber: 0.36g (1.42%)