



Chicken Breasts in Sour Cream Sauce

READY IN



50 min.

SERVINGS



50

CALORIES



27 kcal

SAUCE

Ingredients

- 2 Tbsp butter
- 1.5 lb chicken breasts bone-in
- 0.5 cup knudsen cream sour
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.3 cup flour
- 2 cloves garlic minced
- 0.3 tsp pepper
- 1 tomatoes seeded chopped
- 2 Tbsp tomato sauce

Equipment

- frying pan
- whisk

Directions

- Mix flour and pepper in shallow dish.
- Add chicken; turn to evenly coat both sides of each breast. Gently shake off excess flour mixture.
- Melt butter in large skillet on medium-high heat.
- Add chicken; cook 10 to 12 min. on each side or until done (165F).
- Transfer chicken to platter; cover to keep warm.
- Add tomatoes, tomato sauce and garlic to skillet; cook 3 min. or until heated through, stirring frequently. Stir in broth; bring to boil. Simmer on medium-low heat 3 min., stirring frequently.
- Whisk in sour cream; cook and stir 2 min. or until heated through. (Do not let sauce come to boil.) Spoon over chicken.

Nutrition Facts

PROTEIN 45.87% **FAT 42.67%** **CARBS 11.46%**

Properties

Glycemic Index:4.4, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.6139130443335%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 27.25kcal (1.36%), Fat: 1.27g (1.95%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.17g (0.19%), Cholesterol: 10.07mg (3.36%), Sodium: 34.06mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin B3: 1.49mg (7.46%), Selenium: 4.72µg (6.75%), Vitamin B6: 0.11mg (5.38%), Phosphorus: 32.33mg (3.23%), Vitamin B5: 0.21mg (2.12%), Potassium: 63.03mg (1.8%), Vitamin B2: 0.02mg (1.31%), Vitamin A: 61.6IU (1.23%), Magnesium: 4.35mg (1.09%), Vitamin B1:

0.02mg (1.04%)