



Chicken Breasts with Classic French Pan Sauce

READY IN



65 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 chicken breast halves bone-in
- 2 teaspoons dijon mustard
- 0.3 cup cooking wine dry white
- 0.5 teaspoon flour all-purpose
- 0.3 cup heavy whipping cream
- 1 tablespoon olive oil
- 0.6 teaspoon salt divided

Equipment

- frying pan
- oven
- whisk
- kitchen thermometer

Directions

- Preheat oven to 35
- Heat a large ovenproof skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Sprinkle chicken evenly with 1/2 teaspoon salt and pepper.
- Add chicken to pan, skin side down; saut 4 minutes or until browned. Turn chicken over.
- Place pan in oven; bake at 350 for 40 minutes or until a thermometer inserted in thickest portion registers 16
- Remove chicken from pan, and let stand for 10 minutes.
- Return skillet to medium-high heat.
- Add wine to pan; bring to a boil. Cook 1 minute or until reduced to 2 tablespoons, scraping pan to loosen browned bits. Stir in mustard.
- Combine cream and flour, stirring until smooth.
- Add cream mixture to pan; bring to a boil. Cook until slightly thick, stirring constantly with a whisk. Stir in remaining 1/8 teaspoon salt.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:11.83173911727%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.38kcal (11.27%), Fat: 11.89g (18.29%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.62g (0.68%), Cholesterol: 89.13mg (29.71%), Sodium: 526.8mg (22.9%), Alcohol: 1.54g (100%), Alcohol %: 1.3% (100%), Protein: 24.57g (49.14%), Vitamin B3: 11.84mg (59.21%), Selenium: 37.56µg (53.66%), Vitamin B6: 0.86mg (43.06%), Phosphorus: 251.79mg (25.18%), Vitamin B5: 1.67mg (16.65%), Potassium: 448.67mg (12.82%), Vitamin B2: 0.15mg (8.61%), Magnesium: 33.4mg (8.35%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.52%), Vitamin A: 255.02IU (5.1%), Zinc: 0.73mg (4.86%), Vitamin B12: 0.25µg (4.16%), Manganese: 0.06mg (3.18%), Iron: 0.56mg (3.11%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.35µg (2.34%), Calcium: 19.24mg (1.92%), Copper: 0.04mg (1.85%), Vitamin C: 1.46mg (1.76%), Folate: 5.92µg (1.48%)