



Chicken Cream

READY IN



20 min.

SERVINGS



4

CALORIES



1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup flour all-purpose for coating
- 1 teaspoon ground pepper black
- 4 cups heavy cream
- 1 quart orange juice fresh
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless
- 3 tablespoons vegetable oil
- 0.3 cup white wine

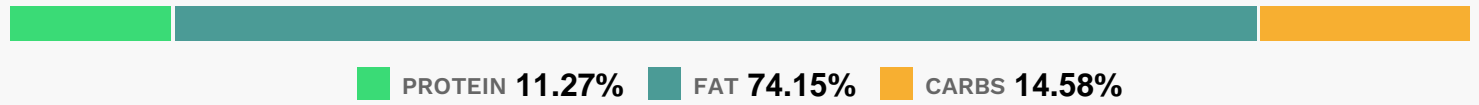
Equipment

frying pan

Directions

- Poke each breast with a fork a few times. Season with salt and pepper. Dredge in flour.
- In a large saute pan, brown meat on both sides in oil.
- Drain off excess oil. Splash with white wine, and let reduce.
- Add orange juice to cover the bottom of the pan. Bring to a boil, turning the breasts often. When at a boil, add whipping cream, just to cover. Turn heat down to a simmer. Reduce the liquid by half.
- Place each breast on a bed of rice or toast tips, if desired; garnish with mint leaf and orange slice.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:21.31, Inflammation Score:-10, Nutrition Score:32.493478070135%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 28.35mg, Hesperetin: 28.35mg, Hesperetin: 28.35mg Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 1209.18kcal (60.46%), Fat: 99.69g (153.37%), Saturated Fat: 57.02g (356.4%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 43.11g (15.67%), Sugar: 27.06g (30.07%), Cholesterol: 341.26mg (113.75%), Sodium: 780.49mg (33.93%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 34.09g (68.17%), Vitamin C: 121.08mg (146.76%), Vitamin A: 4008.41IU (80.17%), Selenium: 48.88µg (69.83%), Vitamin B3: 13.83mg (69.17%), Vitamin B6: 1.04mg (52.13%), Phosphorus: 436.83mg (43.68%), Vitamin B2: 0.71mg (41.91%), Potassium: 1155.06mg (33%), Vitamin B1: 0.46mg (30.47%), Folate: 113.9µg (28.47%), Vitamin B5: 2.75mg (27.51%), Vitamin K: 27.78µg (26.46%),

Vitamin D: 3.92µg (26.14%), Vitamin E: 3.35mg (22.32%), Magnesium: 78.37mg (19.59%), Calcium: 195.47mg (19.55%), Manganese: 0.25mg (12.38%), Iron: 1.96mg (10.91%), Vitamin B12: 0.61µg (10.11%), Zinc: 1.49mg (9.9%), Copper: 0.19mg (9.56%), Fiber: 1.02g (4.09%)