



Chicken Cutlets with Creamy Dijon Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 rosemary sprig
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shallots chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons whipping cream

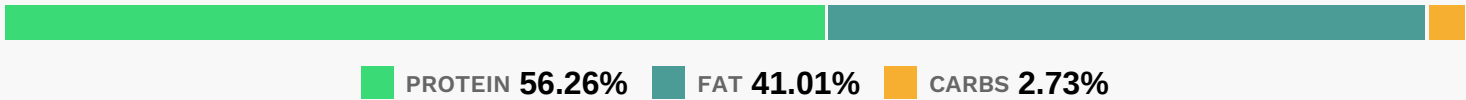
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Place chicken breast halves between 2 sheets of plastic wrap; pound to 1/2-inch thickness.
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan.
- ☐ Add chicken; saut 3 minutes on each side or until done.
- ☐ Transfer to a serving platter.
- ☐ Add shallots to pan; saut for 2 minutes. Stir in chicken broth and rosemary sprig; bring to a boil. Cook 2 minutes. Stir in whipping cream; cook 2 minutes.
- ☐ Remove from heat, and discard rosemary. Stir in Dijon mustard. Spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:17.298695647198%

Nutrients (% of daily need)

Calories: 272.3kcal (13.61%), Fat: 12.07g (18.56%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.95g (1.06%), Cholesterol: 121.57mg (40.52%), Sodium: 574.54mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.48%), Vitamin B3: 17.78mg (88.9%), Selenium: 55.72µg (79.6%), Vitamin B6: 1.31mg (65.32%), Phosphorus: 371.14mg (37.11%), Vitamin B5: 2.48mg (24.84%), Potassium: 730.84mg (20.88%), Magnesium: 48.06mg (12.02%), Vitamin B2: 0.19mg (11.45%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.06mg (7.08%), Vitamin E: 0.94mg (6.29%), Vitamin B12: 0.36µg (5.97%), Iron: 0.81mg (4.51%), Vitamin A: 219.94IU (4.4%), Manganese: 0.08mg (3.76%), Vitamin C: 2.73mg (3.31%), Vitamin K: 3.11µg (2.96%), Copper: 0.06mg (2.88%), Folate: 10.08µg (2.52%), Vitamin D: 0.35µg (2.33%), Calcium: 21.37mg (2.14%), Fiber: 0.39g (1.56%)