



Chicken Français

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup wine dry white
- ☐ 0.8 cup egg substitute
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil divided

- ☐ 1 ounce parmesan fresh grated
- ☐ 0.1 teaspoon hot sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce chicken breast halves boneless skinless

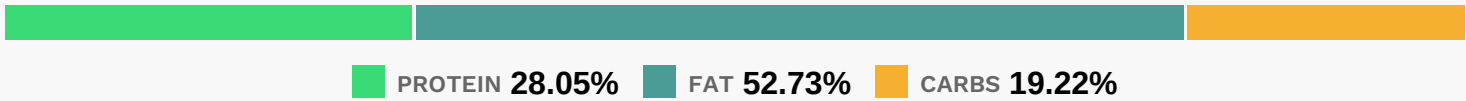
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 8 ingredients in a shallow dish.
- ☐ Place each chicken breast half between 2 sheets of plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin. Dredge chicken in flour, and dip in the egg substitute mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add 4 chicken breast halves; cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm. Wipe the drippings from pan with a paper towel. Repeat the procedure with 1 1/2 teaspoons oil and the remaining chicken.
- ☐ Melt butter in pan; add 1/4 cup wine and 3 tablespoons juice. Bring to a boil; cook for 10 seconds.
- ☐ Serve immediately over chicken.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:6.7282608591992%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 106.2kcal (5.31%), Fat: 5.95g (9.16%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.66g (1.7%), Sugar: 0.83g (0.92%), Cholesterol: 19.01mg (6.34%), Sodium: 216.64mg (9.42%), Alcohol: 0.77g (100%), Alcohol %: 1.41% (100%), Protein: 7.13g (14.25%), Vitamin K: 32.24µg (30.71%), Selenium: 16.16µg (23.09%), Vitamin B3: 1.8mg (9%), Vitamin C: 6.8mg (8.25%), Vitamin B6: 0.16mg (8.25%), Vitamin B2: 0.14mg (8.17%), Phosphorus: 80.53mg (8.05%), Calcium: 66.45mg (6.64%), Vitamin A: 328.73IU (6.57%), Vitamin B5: 0.64mg (6.42%), Vitamin E: 0.76mg (5.05%), Vitamin B1: 0.07mg (4.99%), Iron: 0.88mg (4.9%), Folate: 16.51µg (4.13%), Potassium: 138.65mg (3.96%), Zinc: 0.48mg (3.18%), Manganese: 0.06mg (3.14%), Magnesium: 12.09mg (3.02%), Vitamin D: 0.39µg (2.61%), Vitamin B12: 0.15µg (2.56%), Copper: 0.02mg (1.18%)