



## Chicken Francaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 chicken breast boneless skinless
- 1.5 cups flour all-purpose
- 1 serving salt and pepper to taste
- 2 eggs
- 4 tablespoons olive oil with olive oil & sea salt
- 2 tablespoons flour all-purpose
- 1 cup chicken broth (from 32-oz carton)
- 1 juice of lemon

1 serving linguine hot cooked

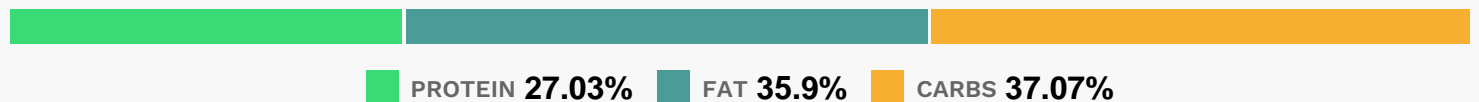
## Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- rolling pin
- meat tenderizer

## Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In medium bowl, place 1 1/2 cups flour; add salt and pepper. In another bowl, beat eggs with whisk or fork. Coat chicken with flour, then dip in eggs and again in flour.
- In large skillet, melt 2 tablespoons of the butter over medium heat. Cook chicken in butter about 8 minutes, turning once, until no longer pink in center.
- Remove chicken from skillet; cover to keep warm.
- Add remaining 2 tablespoons butter to hot skillet; stir in 2 tablespoons flour with whisk until smooth. In small bowl, mix broth and lemon juice. Slowly pour broth mixture into butter mixture, stirring constantly with whisk. Return chicken to skillet, turning to coat with sauce. Cook about 2 minutes until sauce is thickened and chicken is hot.
- Serve chicken and sauce over linguine.

## Nutrition Facts



## Properties

Glycemic Index:49.63, Glycemic Load:30.94, Inflammation Score:-5, Nutrition Score:21.944782599159%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 507.07kcal (25.35%), Fat: 19.85g (30.54%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 46.12g (15.37%), Net Carbohydrates: 44.35g (16.13%), Sugar: 0.78g (0.87%), Cholesterol: 155.34mg (51.78%), Sodium: 430.31mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.25%), Selenium: 65.93µg (94.18%), Vitamin B3: 15.01mg (75.06%), Vitamin B6: 0.92mg (46%), Phosphorus: 350.81mg (35.08%), Vitamin B1: 0.5mg (33.13%), Vitamin B2: 0.5mg (29.63%), Folate: 110.49µg (27.62%), Manganese: 0.46mg (23.24%), Vitamin B5: 2.21mg (22.08%), Iron: 3.55mg (19.72%), Vitamin E: 2.54mg (16.93%), Potassium: 530.43mg (15.16%), Magnesium: 48.02mg (12.01%), Zinc: 1.45mg (9.65%), Vitamin K: 8.87µg (8.45%), Copper: 0.15mg (7.53%), Vitamin B12: 0.43µg (7.23%), Fiber: 1.77g (7.09%), Vitamin C: 4.26mg (5.16%), Vitamin D: 0.55µg (3.69%), Vitamin A: 154.32IU (3.09%), Calcium: 30.02mg (3%)