



Chicken Francese

READY IN



20 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound butter (1 stick)
- 24 ounce chicken breasts
- 1 cup chicken stock see
- 4 large eggs beaten
- 0.3 cup flour all-purpose
- 1 teaspoon parsley fresh minced
- 2 ounces grapeseed oil
- 4 servings salt and ground pepper white
- 2 juice of lemon juiced

Equipment

- frying pan
- whisk

Directions

- Heat a large saute pan over medium-high heat until warmed.
- Add the oil. During heating, dip the chicken breasts into the eggs, and then dust each breast with seasoned flour on both sides. Once floured, add to the oiled pan, reduce the heat to medium and cook until light brown in color, 3 to 4 minutes. Flip and repeat cooking for a final 3 to 4 minutes. Once cooked, remove the breasts from the pan and allow to finish with carry-over cooking.
- Return the same pan to the heat and add the stock. Allow to simmer and reduce by three-quarters of the volume. After reducing, whisk in the butter to create a sauce, removing from the heat during the process. Finally, finish with lemon juice and parsley and serve over the chicken.

Nutrition Facts

PROTEIN 27.87% **FAT 65.44%** **CARBS 6.69%**

Properties

Glycemic Index:52.75, Glycemic Load:4.32, Inflammation Score:-7, Nutrition Score:25.444347858429%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 653.25kcal (32.66%), Fat: 47.2g (72.62%), Saturated Fat: 18.69g (116.78%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.08g (3.67%), Sugar: 1.55g (1.72%), Cholesterol: 357.61mg (119.2%), Sodium: 536.82mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.23g (90.47%), Selenium: 74.11µg (105.87%), Vitamin B3: 19.22mg (96.09%), Vitamin B6: 1.41mg (70.44%), Phosphorus: 492.38mg (49.24%), Vitamin E: 5.63mg (37.56%),

Vitamin B5: 3.28mg (32.76%), Vitamin B2: 0.5mg (29.57%), Potassium: 793.57mg (22.67%), Vitamin A: 1034.29IU (20.69%), Vitamin B1: 0.22mg (14.44%), Magnesium: 57.62mg (14.41%), Vitamin B12: 0.83µg (13.89%), Folate: 51.69µg (12.92%), Iron: 2.3mg (12.77%), Zinc: 1.83mg (12.17%), Vitamin C: 8.42mg (10.21%), Manganese: 0.18mg (9.03%), Vitamin D: 1.17µg (7.8%), Copper: 0.15mg (7.31%), Calcium: 52.52mg (5.25%), Fiber: 0.78g (3.12%), Vitamin K: 3.03µg (2.88%)