

Chicken Francese

READY IN



25 min.

SERVINGS



1

CALORIES



1508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken breast half boneless skinless
- ☐ 1 eggs beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup green onions chopped
- ☐ 1.5 cups heavy whipping cream
- ☐ 1 pinch parmesan cheese grated
- ☐ 1 serving salt and pepper to taste

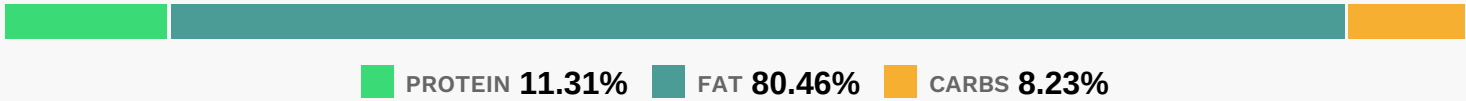
Equipment

☐ frying pan

Directions

- ☐ Flour chicken breast, then dip in egg, then in Parmesan cheese to coat. In a small skillet, saute chicken over low heat, seasoning with salt and pepper to taste.
- ☐ When the chicken is half done (after about 4 to 5 minutes), stir in the cream and green onions. Bring to a boil, then remove from heat, sprinkle with a handful of Parmesan cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:13.18, Inflammation Score:-10, Nutrition Score:38.412608851557%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 1507.65kcal (75.38%), Fat: 136.58g (210.13%), Saturated Fat: 84.33g (527.09%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.51g (10.73%), Sugar: 11.81g (13.13%), Cholesterol: 640.28mg (213.43%), Sodium: 509.69mg (22.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.21g (86.42%), Vitamin A: 6026.55IU (120.53%), Vitamin K: 115.37µg (109.87%), Selenium: 68.66µg (98.08%), Vitamin B3: 13.64mg (68.2%), Vitamin B2: 1.14mg (67.05%), Phosphorus: 580.62mg (58.06%), Vitamin B6: 1.09mg (54.37%), Vitamin D: 6.71µg (44.73%), Vitamin B5: 3.33mg (33.34%), Calcium: 314.24mg (31.42%), Vitamin E: 4.25mg (28.36%), Folate: 112.71µg (28.18%), Potassium: 981.92mg (28.06%), Vitamin B1: 0.37mg (24.38%), Vitamin B12: 1.2µg (20.04%), Magnesium: 74.96mg (18.74%), Iron: 3.34mg (18.53%), Zinc: 2.48mg (16.51%), Vitamin C: 12.9mg (15.63%), Manganese: 0.27mg (13.38%), Copper: 0.18mg (8.8%), Fiber: 1.91g (7.63%)