



Chicken In Basil Cream

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs dried
- 3 tablespoons butter
- 0.5 cup chicken broth
- 0.3 cup basil fresh chopped
- 0.1 teaspoon pepper black
- 1 cup cup heavy whipping cream
- 0.3 cup milk
- 0.5 cup parmesan cheese grated
- 4 ounce pimientos drained sliced

4 chicken breast boneless skinless

Equipment

bowl

frying pan

Directions

Place milk and bread crumbs in separate, shallow bowls. In skillet, heat butter or margarine to medium heat. Dip chicken in milk, then coat with crumbs. Cook in butter or margarine, on both sides, until juices run clear (about 10 minutes).

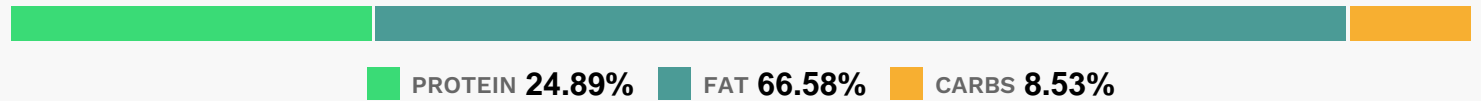
Remove and keep warm.

Add broth to skillet. Bring to a boil over medium heat, and stir to loosen browned bits from pan. Stir in cream and pimentos; boil and stir for 1 minute. Reduce heat.

Add Parmesan cheese, basil and pepper. Stir sauce and cook until heated through.

Pour mixture over chicken and serve!

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:20.658261008885%

Nutrients (% of daily need)

Calories: 505.04kcal (25.25%), Fat: 37.45g (57.61%), Saturated Fat: 22.05g (137.79%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.8g (3.56%), Sugar: 3.98g (4.42%), Cholesterol: 175.42mg (58.47%), Sodium: 602.49mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.99%), Selenium: 44.6µg (63.71%), Vitamin B3: 12.59mg (62.97%), Vitamin B6: 0.97mg (48.61%), Vitamin A: 2136.51IU (42.73%), Phosphorus: 388.19mg (38.82%), Vitamin C: 31.47mg (38.14%), Vitamin B2: 0.36mg (21.12%), Calcium: 195.14mg (19.51%), Vitamin B5: 1.92mg (19.18%), Potassium: 601.51mg (17.19%), Vitamin K: 12.79µg (12.18%), Vitamin B1: 0.17mg (11.64%), Magnesium: 46.21mg (11.55%), Zinc: 1.61mg (10.72%), Vitamin B12: 0.62µg (10.33%), Vitamin E: 1.35mg (8.97%), Vitamin D: 1.3µg (8.64%), Iron: 1.52mg (8.45%), Manganese: 0.16mg (7.78%), Folate: 18.2µg (4.55%), Copper: 0.09mg (4.37%), Fiber: 1g (3.98%)