



Chicken in Creamy Pan Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

SAUCE

Ingredients

- 4 ounces philadelphia cream cheese cubed
- 2 tablespoons flour
- 1 tablespoon parsley fresh chopped
- 1 tablespoon oil
- 4 small chicken breast halves boneless skinless

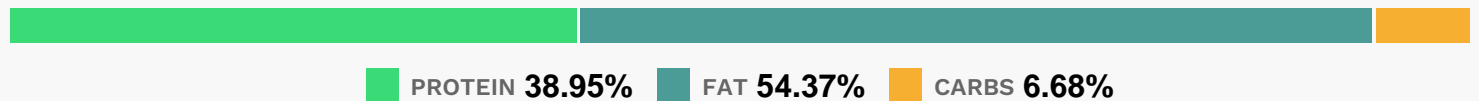
Equipment

- frying pan
- whisk

Directions

- Coat chicken with flour.
- Heat oil in large skillet on medium heat.
- Add chicken; cook 5 to 6 minutes on each side or until cooked through (165 degrees F).
- Remove chicken from skillet, reserving drippings in skillet. Cover chicken to keep warm.
- Add broth to skillet; stir to scrape up browned bits from bottom of skillet.
- Add cream cheese; cook 2 to 3 minutes or until cream cheese is melted and sauce starts to thicken, stirring constantly with wire whisk.
- Return chicken to skillet; turn over to coat both sides of chicken with sauce. Cook 2 minutes or until chicken is heated through.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:13.5939130809%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 272.99kcal (13.65%), Fat: 16.22g (24.96%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.36g (1.58%), Sugar: 1.08g (1.21%), Cholesterol: 100.95mg (33.65%), Sodium: 220.73mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Vitamin B3: 12.05mg (60.23%), Selenium: 39.87µg (56.96%), Vitamin B6: 0.86mg (43.24%), Phosphorus: 272.26mg (27.23%), Vitamin K: 19.73µg (18.79%), Vitamin B5: 1.79mg (17.92%), Potassium: 465.07mg (13.29%), Vitamin B2: 0.2mg (11.63%), Vitamin A: 498.87IU (9.98%), Magnesium: 33.26mg (8.31%), Vitamin B1: 0.11mg (7.28%), Vitamin E: 1.08mg (7.21%), Zinc: 0.83mg (5.56%), Vitamin B12: 0.29µg (4.81%), Folate: 15.45µg (3.86%), Iron: 0.69mg (3.81%), Calcium: 35.09mg (3.51%), Vitamin C: 2.69mg (3.26%), Manganese: 0.05mg (2.36%), Copper: 0.04mg (2.13%)