



Chicken in Creamy Pan Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



275 kcal

SAUCE

Ingredients

- ☐ 4 ounces philadelphia cream cheese cubed
- ☐ 0.8 cup chicken broth fat-free reduced-sodium
- ☐ 2 tablespoons flour
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon oil
- ☐ 4 small chicken breast halves boneless skinless

Equipment

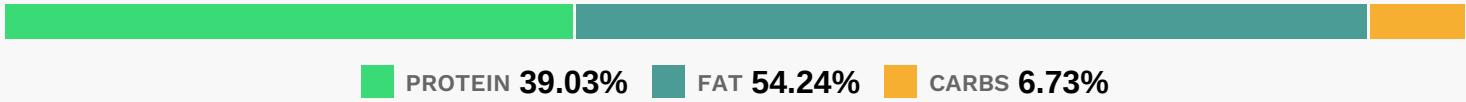
- ☐ frying pan

☐ 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:13.929130370202%

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: 274.7kcal (13.73%), Fat: 16.3g (25.07%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.42g (1.61%), Sugar: 1.15g (1.28%), Cholesterol: 100.95mg (33.65%), Sodium: 394.81mg (17.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin B3: 12.28mg (61.42%), Selenium: 40.81µg (58.3%), Vitamin B6: 0.87mg (43.54%), Phosphorus: 276.95mg (27.69%), Vitamin K: 19.73µg (18.79%), Vitamin B5: 1.84mg (18.43%), Potassium: 477.84mg (13.65%), Vitamin B2: 0.21mg (12.16%), Vitamin A: 498.87IU (9.98%), Magnesium: 33.68mg (8.42%), Vitamin B1: 0.11mg (7.47%), Vitamin E: 1.08mg (7.21%), Vitamin B12: 0.37µg (6.22%), Zinc: 0.84mg (5.62%), Iron: 0.74mg (4.14%), Folate: 15.88µg (3.97%), Calcium: 36.79mg (3.68%), Vitamin C: 2.69mg (3.26%), Manganese: 0.05mg (2.6%), Copper: 0.05mg (2.53%)