



Chicken in Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SAUCE

Ingredients

- 0.3 cup chicken broth dry white low-sodium
- 1.5 tablespoons flour all-purpose
- 0.3 teaspoon coarsely ground pepper black
- 0.8 cup milk 1% low-fat divided
- 1 tablespoon mustard prepared
- 0.5 teaspoon paprika
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

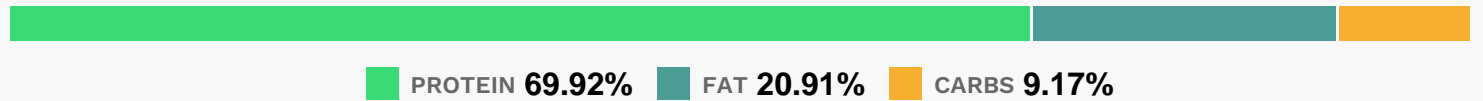
Equipment

frying pan

Directions

- Combine first 3 ingredients; sprinkle over chicken. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chicken; cook 3 to 5 minutes on each side or until browned.
- Remove chicken from pan, and set aside.
- Add wine to pan; deglaze by scraping particles that cling to bottom.
- Combine flour and 1/4 cup milk, stirring until smooth; add to pan. Stir in remaining 1/2 cup milk and mustard. Cook over medium heat, stirring constantly, until thickened. Return chicken to pan. Bring to a boil; cover, reduce heat, and simmer 5 minutes or until chicken is done. To serve, spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:18.484347838423%

Nutrients (% of daily need)

Calories: 228.84kcal (11.44%), Fat: 5.11g (7.85%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.3g (2.56%), Cholesterol: 111.07mg (37.02%), Sodium: 405.84mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.8%), Vitamin B3: 18.21mg (91.03%), Selenium: 57.61µg (82.3%), Vitamin B6: 1.31mg (65.58%), Phosphorus: 415.28mg (41.53%), Vitamin B5: 2.62mg (26.15%), Potassium: 728.43mg (20.81%), Vitamin B2: 0.26mg (15.07%), Magnesium: 52.76mg (13.19%), Vitamin B1: 0.16mg (10.95%), Vitamin B12: 0.62µg (10.41%), Zinc: 1.25mg (8.32%), Calcium: 68.85mg (6.89%), Vitamin A: 264.24IU (5.28%), Iron: 0.92mg (5.09%), Vitamin D: 0.66µg (4.38%), Manganese: 0.08mg (4.1%), Folate: 13.24µg (3.31%), Copper: 0.06mg (3.21%), Vitamin E: 0.42mg (2.81%), Vitamin C: 2.06mg (2.5%), Fiber: 0.36g (1.42%)