



Chicken in Parmesan Chive Cream Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



644 kcal

SAUCE

Ingredients

- 2 bay leaves
- 4 servings pepper black freshly ground
- 1 teaspoon thyme leaves dried
- 2 tablespoons chives fresh chopped
- 3 cloves garlic minced
- 1.5 cups heavy cream
- 1 tablespoon olive oil
- 0.3 cup parmesan grated

- 4 servings salt
- 0.5 cup shallots diced
- 2 pounds chicken breasts boneless skinless cut into 1-inch pieces
- 1 cup according to package directions instant cooked

Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat.
- Add shallots and garlic and cook for 2 minutes stirring with a spoon.
- Add chicken and cook 3 to 5 minutes, until golden brown on all sides.
- Add thyme and bay leaves and cook for 1 minute, or until fragrant.
- Add heavy cream and bring to a simmer. Reduce heat to medium and simmer for 5 minutes, until chicken is cooked through.
- Add parmesan cheese and simmer for 1 minute or until sauce has thickened.
- Remove bay leaves and stir in chives. Season to taste with salt and freshly ground black pepper.
- Spoon all but 1 heaping cup of chicken over rice. Reserve remaining chicken for Penne with Chicken, Wild Mushrooms and Peas, if desired.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:27.286087056865%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 643.63kcal (32.18%), Fat: 43.29g (66.59%), Saturated Fat: 23.34g (145.88%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.04g (5.6%), Cholesterol: 250.25mg (83.42%), Sodium: 585.31mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.89g (107.77%), Vitamin B3: 23.83mg (119.14%), Selenium: 77.36µg (110.52%), Vitamin B6: 1.87mg (93.51%), Phosphorus: 594.19mg (59.42%), Vitamin B5: 3.59mg (35.93%), Vitamin A: 1508.65IU (30.17%), Potassium: 1045.62mg (29.87%), Vitamin B2: 0.43mg (25.11%), Magnesium: 76.15mg (19.04%), Calcium: 166.38mg (16.64%), Vitamin K: 13.44µg (12.8%), Vitamin B1: 0.19mg (12.68%), Zinc: 1.87mg (12.49%), Vitamin E: 1.81mg (12.04%), Vitamin D: 1.69µg (11.24%), Vitamin B12: 0.67µg (11.19%), Manganese: 0.2mg (10.14%), Iron: 1.76mg (9.77%), Vitamin C: 7.34mg (8.9%), Folate: 25.57µg (6.39%), Copper: 0.11mg (5.6%), Fiber: 1.16g (4.65%)