



Chicken Paillards with Lemon-Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- 4 cooking fat (from 2 breast halves)
- 1 serving salt and pepper
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 tablespoon butter unsalted cold cut into small pieces)
- 0.3 cup shallots minced sliced
- 2 juice of lemon
- 0.8 cup chicken stock low-sodium

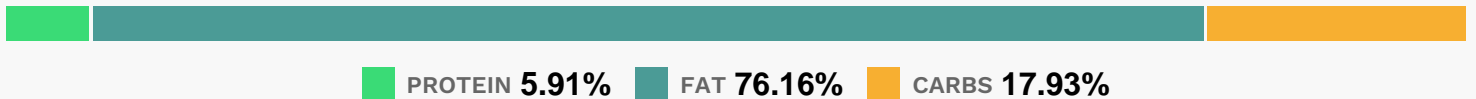
Equipment

- frying pan
- wooden spoon

Directions

- Season chicken paillards on both sides with salt and pepper.
- Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat until butter foams.
- Add two paillards, and saute on one side until golden brown, about 2 minutes. Reduce heat to medium. Flip, and saute paillards until cooked through, about 2 minutes.
- Transfer to a plate. Raise heat to medium-high, and repeat with two remaining paillards.
- Add shallot to skillet, and cook over medium heat, adding oil or butter as needed, stirring often, until golden, about 1 minute. Raise heat to medium-high.
- Add lemon segments and juice, chicken stock, and any plate juices, and deglaze the pan, scraping brown bits from bottom with a wooden spoon. Simmer until sauce reduces by half, about 3 minutes. Gradually stir in remaining 2 to 3 tablespoons butter until just melted. Season to taste.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:1.9952173842036%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 86.06kcal (4.3%), Fat: 7.65g (11.77%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.53g (1.29%), Sugar: 1.6g (1.78%), Cholesterol: 8.38mg (2.79%), Sodium: 64.1mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin C: 6.99mg (8.47%), Vitamin E: 0.64mg (4.27%), Vitamin B3: 0.65mg (3.25%), Vitamin B6: 0.06mg (3.12%), Potassium: 103.78mg (2.97%), Phosphorus: 24.19mg (2.42%), Vitamin K: 2.47µg (2.35%), Manganese: 0.05mg (2.26%), Fiber: 0.52g (2.07%), Folate: 8.13µg (2.03%), Copper: 0.04mg (1.93%), Vitamin A: 88.96IU (1.78%), Iron: 0.3mg (1.68%), Vitamin B2: 0.02mg (1.16%), Magnesium:

4.52mg (1.13%)