

Chicken Veronica

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices pancetta bacon finely chopped
- ☐ 2 tablespoons brie cheese - rind removed room temperature
- ☐ 2.5 pounds chicken breast cutlets
- ☐ 0.5 cup chicken stock see
- ☐ 2 egg yolks
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 0.5 cup heavy cream

- ☐ 3 tablespoons oil-packed sun-dried tomatoes chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots chopped
- ☐ 0.8 cup sherry wine dry

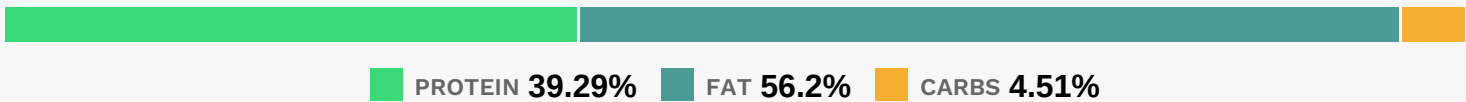
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the olive oil in a large skillet over medium-high heat. Dredge the chicken in flour, shaking off any excess. Fry chicken in the hot oil until brown on both sides.
- ☐ Remove from the skillet and set aside.
- ☐ Add the garlic, shallot, sun-dried tomatoes and pancetta to the skillet and reduce the heat to medium. Cook and stir for a few minutes, until garlic is fragrant and pancetta is cooked. Stir in the sherry, loosening any bits stuck to the bottom of the pan. Simmer until reduced by half. Stir in the chicken stock and cook until reduced by half again.
- ☐ Whisk together the egg yolks and heavy cream; mix into the skillet. Season with salt and pepper. Return the chicken to the skillet and cook for a few minutes, until chicken is coated and sauce is thick. Stir in the Brie cheese until smooth.
- ☐ Remove from the heat and sprinkle with parsley.
- ☐ Serve over rice or angel hair pasta.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:29.603913079137%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 732.86kcal (36.64%), Fat: 43.09g (66.29%), Saturated Fat: 14.79g (92.42%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.05g (2.57%), Sugar: 3.79g (4.21%), Cholesterol: 331.54mg (110.51%), Sodium: 742.11mg (32.27%), Alcohol: 4.64g (100%), Alcohol %: 1.31% (100%), Protein: 67.77g (135.54%), Vitamin B3: 31.18mg (155.89%), Selenium: 102.47µg (146.38%), Vitamin B6: 2.34mg (116.94%), Phosphorus: 723.46mg (72.35%), Vitamin B5: 4.66mg (46.63%), Potassium: 1356.37mg (38.75%), Vitamin B2: 0.49mg (29.09%), Magnesium: 94.78mg (23.69%), Vitamin E: 3.09mg (20.61%), Vitamin B1: 0.3mg (19.76%), Zinc: 2.53mg (16.85%), Vitamin B12: 1µg (16.61%), Vitamin A: 738.96IU (14.78%), Manganese: 0.24mg (12.15%), Iron: 2.16mg (12%), Vitamin K: 12.24µg (11.66%), Folate: 37.3µg (9.32%), Copper: 0.18mg (9.05%), Vitamin D: 1.35µg (8.99%), Vitamin C: 6.58mg (7.98%), Calcium: 77.15mg (7.72%), Fiber: 0.73g (2.9%)