

DINNER

Chicken with Buttery Lemon Cream Sauce

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
180 min	20 min	40 min	4	\$2.03	611 kcal



The recipe Chicken with Buttery Lemon Cream Sauce can be made in about 3 hours. One portion of this dish contains about 29g of protein, 50g of fat, and a total of 611 calories. This recipe serves 4 and costs \$2.03 per serving.

Ingredients

- ☐ ½ cup butter
- ☐ 1 cup heavy cream
- ☐ 1 lemon, juiced
- ☐ 1 cup milk
- ☐ 4 skinless, boneless chicken breast halves
- ☐ ½ large yellow onion, minced
- ☐ 2 tablespoons all-purpose flour
- ☐ 2 teaspoons Italian seasoning
- ☐ 2 teaspoons lemon pepper
- ☐ 4 servings salt and pepper
- ☐ ¼ cup white wine

Method

- 1 Place chicken breasts in a oven proof baking dish. Squeeze the juice of one lemon over the chicken, and season with lemon pepper, Italian seasoning, and salt and pepper. Cover with plastic wrap, and marinate in the refrigerator for 2 hours or overnight.
- 2 Preheat an oven to 350 degrees F (175 degrees C).
- 3 Melt butter in large saucepan over medium-high heat.
- 4 Add onions and white wine; cook and stir until the onions are soft. Lower the heat to medium; whisk in the flour. Gradually whisk heavy cream into the flour mixture. Stir in the milk and remaining lemon juice.
- 5 Pour the cream sauce directly over the chicken breasts in the baking dish.
- 6 Cover baking dish with aluminum foil. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 30 to 40 minutes. An instant-read thermometer inserted into the center of a chicken piece should read at least 165 degrees F (74 degrees C).

Nutrition per serving			
	611	29 g	50 g
	KCAL	PROTEIN	FAT
			11 g
			CARBS
Saturated Fat			30.1 g · 188% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			5.9 g · 7% of daily needs
Sodium			549 mg · 24% of daily needs
Cholesterol			208 mg · 69% of daily needs
Vitamin C			6 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/chicken-with-buttery-lemon-cream-sauce-148430](https://www.whatsheate.com/chicken-with-buttery-lemon-cream-sauce-148430)