



Chicken with Buttery Lemon Cream Sauce

READY IN



180 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 tablespoons flour all-purpose
- 1 cup cup heavy whipping cream
- 2 teaspoons seasoning italian
- 1 juice of lemon juiced
- 2 teaspoons lemon pepper
- 1 cup milk
- 4 servings salt and pepper
- 4 chicken breast halves boneless skinless

- 0.3 cup wine
- 0.5 large onion yellow minced

Equipment

- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- kitchen thermometer
- aluminum foil

Directions

- 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.
- Preheat an oven to 350 degrees F (175 degrees C).
- Melt butter in large saucepan over medium-high heat.
- 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.
- Pour the cream sauce directly over the chicken breasts in the baking dish.
- 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 Facts

  
 **PROTEIN 18.97%**  **FAT 73.51%**  **CARBS 7.52%**

Properties

Glycemic Index:60.5, Glycemic Load:3.74, Inflammation Score:-8, Nutrition Score:18.77130419275%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 611.43kcal (30.57%), Fat: 49.52g (76.18%), Saturated Fat: 30.09g (188.07%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 10.28g (3.74%), Sugar: 5.87g (6.53%), Cholesterol: 207.88mg (69.29%), Sodium: 548.67mg (23.86%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 28.75g (57.49%), Vitamin B3: 12.22mg (61.12%), Selenium: 40.87µg (58.39%), Vitamin B6: 0.95mg (47.69%), Phosphorus: 356.08mg (35.61%), Vitamin A: 1739.77IU (34.8%), Vitamin B5: 2.1mg (21%), Vitamin B2: 0.35mg (20.75%), Potassium: 648.63mg (18.53%), Calcium: 153.96mg (15.4%), Manganese: 0.27mg (13.31%), Magnesium: 50.5mg (12.62%), Vitamin K: 12.3µg (11.71%), Vitamin B12: 0.7µg (11.65%), Vitamin D: 1.74µg (11.57%), Vitamin E: 1.66mg (11.07%), Vitamin B1: 0.16mg (10.88%), Zinc: 1.19mg (7.95%), Vitamin C: 6.03mg (7.3%), Iron: 1.21mg (6.72%), Folate: 22.37µg (5.59%), Fiber: 1.12g (4.48%), Copper: 0.07mg (3.6%)