



Chicken with Creamy Dijon Sauce

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 0.5 teaspoon dijon mustard
- 0.3 teaspoon rosemary dried
- 1 tablespoon juice of lemon ()
- 0.3 cup mayonnaise light
- 0.5 teaspoon paprika
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

16 ounce chicken breast halves boneless skinless

Equipment

- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- Coat chicken with cooking spray; sprinkle with salt, pepper, and paprika.
- Place chicken on broiler pan coated with cooking spray. Broil 5 to 6 minutes on each side or until done.
- Combine mayonnaise and remaining 4 ingredients in a small bowl.
- Serve chicken with sauce.

Nutrition Facts

PROTEIN 60.77% **FAT 34.5%** **CARBS 4.73%**

Properties

Glycemic Index:44.75, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:11.570434826872%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 165.21kcal (8.26%), Fat: 6.11g (9.41%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.63g (0.7%), Cholesterol: 74.81mg (24.94%), Sodium: 399.82mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Vitamin B3: 11.86mg (59.32%), Selenium: 36.93µg (52.75%), Vitamin B6: 0.86mg (43.04%), Phosphorus: 242.58mg (24.26%), Vitamin B5: 1.64mg (16.4%), Potassium: 437.17mg (12.49%), Vitamin K: 8.16µg (7.78%), Magnesium: 31.03mg (7.76%), Vitamin B2: 0.12mg (6.94%), Vitamin B1: 0.08mg (5.15%), Zinc: 0.69mg (4.59%), Vitamin E: 0.6mg (4.03%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.9mg (3.51%), Vitamin A: 168.52IU (3.37%), Iron: 0.52mg (2.91%), Manganese: 0.05mg (2.28%), Copper:

0.04mg (1.93%), Folate: 6.06µg (1.52%)