



## Chicken with Dijon Cream Sauce

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons dijon mustard
- 0.3 cup evaporated milk fat-free
- 0.3 cup less-sodium chicken broth fat-free
- 1.5 teaspoons lemon pepper seasoning
- 24 ounce chicken breast halves boneless skinless

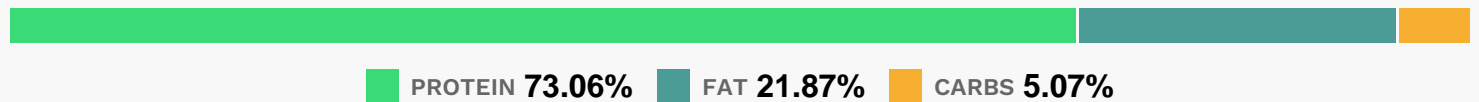
### Equipment

- frying pan

## Directions

- Coat chicken with cooking spray.
- Sprinkle both sides of chicken with seasoning.
- Place a large nonstick skillet over medium-high heat until hot.
- Add chicken to pan, and cook 4 to 5 minutes on each side or until browned.
- Remove chicken from pan; set aside, and keep warm.
- Add broth to pan, scraping pan to loosen browned bits.
- Combine half-and-half and mustard; add to pan. Reduce heat; simmer 6 minutes or until sauce is slightly thick. Spoon sauce over chicken.
- carbo rating: 3

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:17.566086660261%

## Nutrients (% of daily need)

Calories: 211.58kcal (10.58%), Fat: 4.93g (7.58%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.1g (1.22%), Cholesterol: 109.85mg (36.62%), Sodium: 356.37mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.08%), Vitamin B3: 17.91mg (89.56%), Selenium: 57.37µg (81.95%), Vitamin B6: 1.29mg (64.75%), Phosphorus: 396.24mg (39.62%), Vitamin B5: 2.56mg (25.64%), Potassium: 693.95mg (19.83%), Vitamin B2: 0.23mg (13.28%), Magnesium: 51.54mg (12.89%), Vitamin B1: 0.13mg (8.84%), Vitamin B12: 0.48µg (8%), Zinc: 1.19mg (7.96%), Manganese: 0.15mg (7.35%), Iron: 0.82mg (4.55%), Calcium: 35.01mg (3.5%), Copper: 0.07mg (3.34%), Vitamin C: 2.2mg (2.67%), Vitamin E: 0.36mg (2.39%), Folate: 8.3µg (2.08%), Fiber: 0.43g (1.73%), Vitamin K: 1.69µg (1.61%), Vitamin A: 67.58IU (1.35%), Vitamin D: 0.17µg (1.13%)