

Chicken with Lemon Sauce

READY IN



20 min.

SERVINGS



2

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 2 tablespoons butter divided
- 0.8 cup chicken broth
- 2 eggs
- 5 tablespoons flour all-purpose divided
- 1 tablespoon parsley fresh minced
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated

- 0.5 teaspoon pepper divided
- 0.8 teaspoon salt divided
- 10 ounces chicken breast halves boneless skinless

Equipment

- bowl
- frying pan

Directions

- Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine 4 tablespoons flour, cheese, 1/2 teaspoon salt and 1/4 teaspoon pepper. In another shallow bowl, beat the eggs. Coat chicken with flour, then dip into egg mixture.
- In a large skillet, cook chicken in 1 tablespoon butter and oil over medium heat for 3–5 minutes on each side or until no longer pink.
- Remove and keep warm.
- In a small bowl, combine remaining salt and pepper; stir in broth until smooth.
- Add apple juice to the skillet, stirring to loosen any browned bits. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 1–2 minutes or until thickened.
- Stir in lemon juice; cook for 1 minute.
- Add parsley and remaining butter; cook and stir until butter is melted.
- Serve with chicken.

Nutrition Facts



PROTEIN 31.3% **FAT 50.47%** **CARBS 18.23%**

Properties

Glycemic Index:114.88, Glycemic Load:13.24, Inflammation Score:-7, Nutrition Score:25.924347981163%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg,

Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 545.08kcal (27.25%), Fat: 30.21g (46.48%), Saturated Fat: 12.35g (77.17%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 23.7g (8.62%), Sugar: 6.78g (7.54%), Cholesterol: 297.14mg (99.05%), Sodium: 1738.97mg (75.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.16g (84.31%), Selenium: 70.19µg (100.27%), Vitamin B3: 16.22mg (81.08%), Vitamin B6: 1.17mg (58.66%), Phosphorus: 498.07mg (49.81%), Vitamin K: 39.5µg (37.62%), Vitamin B2: 0.55mg (32.34%), Vitamin B5: 2.9mg (28.96%), Potassium: 735.79mg (21.02%), Vitamin B1: 0.3mg (19.68%), Vitamin A: 912.16IU (18.24%), Folate: 66.46µg (16.61%), Manganese: 0.33mg (16.43%), Calcium: 162.92mg (16.29%), Vitamin B12: 0.89µg (14.75%), Vitamin E: 2.21mg (14.75%), Zinc: 2.18mg (14.55%), Iron: 2.58mg (14.36%), Magnesium: 57.22mg (14.31%), Vitamin C: 7.82mg (9.48%), Vitamin D: 1.08µg (7.23%), Copper: 0.13mg (6.71%), Fiber: 0.85g (3.38%)