



Chicken with Mustard Cream on Watercress

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2.5 tablespoons honey dijon mustard
- ☐ 0.3 cup low-salt chicken broth canned
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 bunch watercress trimmed
- ☐ 0.3 cup whipping cream

Equipment

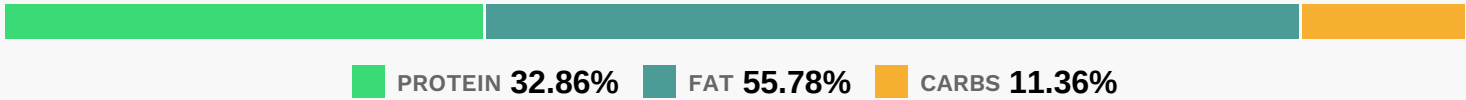
- ☐ frying pan

- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Divide watercress between 2 plates.
- ☐ Place chicken between sheets of waxed paper. Using rolling pin, pound chicken to even 1/2-inch thickness. Peel off paper.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Melt butter in heavy medium skillet over medium heat.
- ☐ Add chicken; sauté until cooked through, about 4 minutes per side.
- ☐ Place chicken atop watercress.
- ☐ Add broth, cream and mustard to skillet. Boil until sauce thickens, whisking often, about 2 minutes. Season with salt and pepper. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:14.800869381946%

Flavonoids

Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 325.33kcal (16.27%), Fat: 19.59g (30.14%), Saturated Fat: 11.15g (69.72%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.92g (3.24%), Sugar: 4.7g (5.22%), Cholesterol: 120.99mg (40.33%), Sodium: 294.8mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.94%), Vitamin B3: 12.37mg (61.86%), Selenium: 37.24µg (53.19%), Vitamin B6: 0.88mg (43.85%), Vitamin K: 32.92µg (31.35%), Phosphorus: 275.54mg (27.55%), Vitamin A: 1045.03IU (20.9%), Vitamin B5: 1.73mg (17.33%), Potassium: 523.12mg (14.95%), Vitamin B2: 0.2mg (11.65%), Magnesium: 34.62mg (8.66%), Vitamin C: 6.91mg (8.38%), Vitamin B1: 0.09mg (5.99%), Vitamin B12: 0.32µg (5.41%), Zinc: 0.79mg (5.24%), Vitamin E: 0.78mg (5.17%), Calcium: 43.54mg (4.35%), Vitamin D: 0.59µg (3.93%), Copper: 0.06mg (3.17%), Iron: 0.56mg (3.09%), Manganese: 0.05mg (2.39%), Folate: 7.05µg (1.76%)