 **6%**
HEALTH SCORE

Chicken with Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup butter
- 0.5 cup chicken broth
- 2 tablespoons dijon mustard
- 0.5 cup mirin dry
- 0.5 cup mirin dry
- 0.3 cup flour all-purpose
- 1 teaspoon parsley fresh chopped
- 0.3 cup cup heavy whipping cream

- 1 juice of lemon
- 0.5 teaspoon salt
- 1 shallots chopped
- 4 chicken breast halves boneless skinless cubed
- 2 tablespoons dijon mustard stone ground

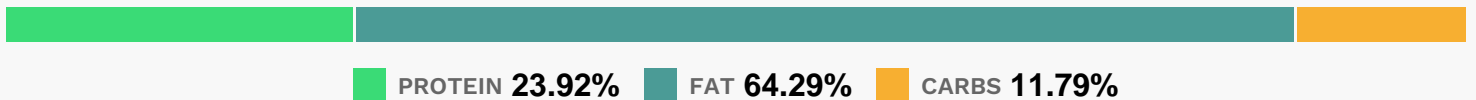
Equipment

- frying pan
- ziploc bags

Directions

- In a large, resealable plastic bag, mix flour, salt, and pepper.
- Place cubed chicken in the bag, and shake to coat.
- Melt butter in a medium skillet over medium heat, and saute the chicken until browned.
- Remove chicken from the skillet and set aside.
- Stir shallot into the skillet, and saute until tender.
- Mix in vermouth, chicken broth, Dijon mustard, and stone ground mustard.
- Return chicken to the skillet, and blend in the heavy cream. Cover, reduce heat, and simmer about 15 minutes, until the vermouth mixture has thickened.
- Mix in parsley, lemon juice, and lemon pulp just before serving.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:6.08, Inflammation Score:-7, Nutrition Score:15.57347826087%

Flavonoids

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 486.15kcal (24.31%), Fat: 32.01g (49.24%), Saturated Fat: 18.71g (116.94%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.02g (4.37%), Sugar: 1.5g (1.67%), Cholesterol: 150.72mg (50.24%), Sodium: 883.29mg (38.4%), Alcohol: 5.7g (31.67%), Protein: 26.79g (53.59%), Selenium: 45.73µg (65.33%), Vitamin B3: 12.59mg (62.96%), Vitamin B6: 0.89mg (44.64%), Phosphorus: 285.92mg (28.59%), Vitamin A: 976.38IU (19.53%), Vitamin B5: 1.8mg (18.02%), Potassium: 508.43mg (14.53%), Vitamin B2: 0.23mg (13.64%), Vitamin B1: 0.2mg (13.25%), Magnesium: 42.77mg (10.69%), Manganese: 0.2mg (10%), Folate: 29.76µg (7.44%), Vitamin E: 1.1mg (7.3%), Iron: 1.28mg (7.1%), Zinc: 0.94mg (6.25%), Vitamin C: 4.94mg (5.99%), Vitamin B12: 0.3µg (5.07%), Fiber: 1.18g (4.72%), Calcium: 38mg (3.8%), Copper: 0.07mg (3.56%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.35µg (2.34%)