Chicken With Pickle Sauce

READY IN	SERVINGS	CALORIES
35 min.	4	329 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 cup dill pickles coarsely chopped
- [ ] 2 large egg yolks
- [ ] 4 servings flour all-purpose for dredging
- [ ] 0.3 cup parsley fresh chopped
- [ ] 1 tablespoon thyme leaves fresh chopped
- [ ] 4 servings kosher salt and pepper freshly ground
- [ ] 1 cup chicken broth low-sodium
- [ ] 1 medium onion chopped
- [ ] 5 scallions finely chopped

- [ ] 24 ounce chicken breasts boneless skinless
- [ ] 2 tablespoons butter unsalted

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] Slice the chicken breasts in half horizontally to make 8 thin cutlets. Season with salt and pepper and dredge in flour.
- [ ] Heat the butter in a large skillet over high heat.
- [ ] Add the chicken in batches and cook until browned and cooked through, 3 to 4 minutes per side.
- [ ] Transfer to a plate.
- [ ] Add the onion, thyme and 1/2 teaspoon salt to the skillet. Cook until the onion is golden, about 5 minutes.
- [ ] Add the chicken broth and cook until slightly reduced, 3 to 4 minutes. Reduce the heat to medium low.
- [ ] Meanwhile, mix the egg yolks, pickles, pickle juice, scallions and parsley in a bowl. Stir into the broth and cook, stirring, until the sauce begins to thicken, about 1 minute.
- [ ] Add the chicken to the skillet and cook until the sauce thickens and the chicken is heated through, about 5 minutes (do not boil).
- [ ] Serve with bread and pickled beets, if desired.
- [ ] Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN **49.86%** FAT **36.02%** CARBS **14.12%**

Properties

Glycemic Index:52.75, Glycemic Load:5.05, Inflammation Score:-9, Nutrition Score:26.540870003078%

Flavonoids

Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 329.27kcal (16.46%), Fat: 12.96g (19.93%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.82g (3.57%), Sugar: 1.92g (2.14%), Cholesterol: 215.71mg (71.9%), Sodium: 563.99mg (24.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.7%), Vitamin B3: 19.21mg (96.04%), Vitamin K: 96.58µg (91.98%), Selenium: 62.04µg (88.62%), Vitamin B6: 1.37mg (68.54%), Phosphorus: 438.25mg (43.82%), Vitamin B5: 2.79mg (27.95%), Potassium: 832.11mg (23.77%), Vitamin A: 930.38IU (18.61%), Vitamin B2: 0.31mg (18.45%), Vitamin C: 15.06mg (18.26%), Magnesium: 58.71mg (14.68%), Vitamin B1: 0.22mg (14.43%), Folate: 55.89µg (13.97%), Iron: 2.2mg (12.19%), Zinc: 1.5mg (9.98%), Vitamin B12: 0.58µg (9.61%), Manganese: 0.19mg (9.3%), Copper: 0.14mg (6.89%), Fiber: 1.61g (6.43%), Calcium: 63.79mg (6.38%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.73µg (4.89%)