



Creamy Lemon Chicken

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

160 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 3 tablespoons juice of lemon
- ☐ 4 chicken breasts boneless skinless

Equipment

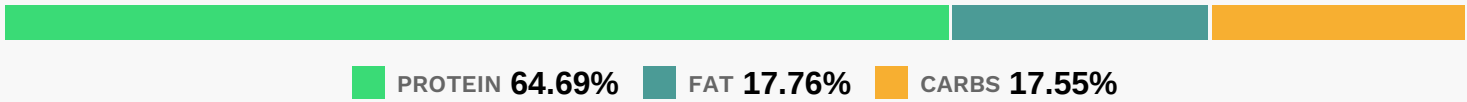
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin

☐ meat tenderizer

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick. In small shallow dish, mix flour with 1 teaspoon salt and 1/2 teaspoon pepper; dip each chicken breast into flour mixture, coating all sides.
- ☐ In 10-inch skillet, heat 2 tablespoons vegetable oil over medium-high heat. Cook chicken breasts in oil 6 to 8 minutes, turning once, or until brown. In small bowl, mix cooking sauce and lemon juice.
- ☐ Pour sauce mixture over chicken. Reduce heat to medium-low; simmer 5 to 10 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165 degrees F).
- ☐ Sprinkle with parsley and lemon peel.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:4.31, Inflammation Score:-3, Nutrition Score:11.964782654591%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 159.73kcal (7.99%), Fat: 3.03g (4.66%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.49g (2.36%), Sugar: 0.3g (0.34%), Cholesterol: 72.32mg (24.11%), Sodium: 131.35mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.67%), Vitamin B3: 12.26mg (61.29%), Selenium: 38.82µg (55.46%), Vitamin B6: 0.86mg (42.75%), Phosphorus: 246.64mg (24.66%), Vitamin B5: 1.66mg (16.59%), Potassium: 438.05mg (12.52%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.15mg (9.02%), Magnesium: 31.77mg (7.94%), Vitamin C: 5.71mg (6.92%), Folate: 21.07µg (5.27%), Zinc: 0.72mg (4.77%), Iron: 0.79mg (4.39%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.07mg (3.58%), Copper: 0.04mg (2.18%), Vitamin E: 0.24mg (1.58%)