



Delicious Easy Chicken Francese

READY IN



55 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon cornstarch
- ☐ 4 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 2 juice of lemon juiced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless

☐ 0.5 cup white wine

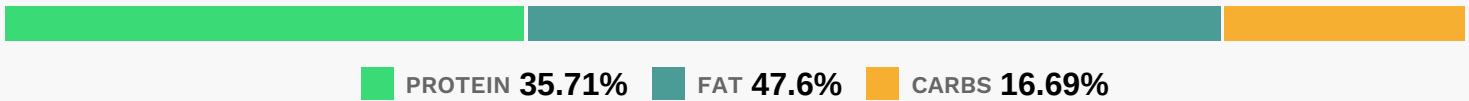
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Coat chicken with flour, then egg beat, then saute in a large skillet until almost cooked through.
- ☐ Drain on paper toweling.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ In a medium saucepan combine the wine, broth, parsley, salt and pepper to taste, butter or margarine and lemon juice over medium low heat. Stir together while heating slowly. When butter or margarine has melted, slowly stir in cornstarch until sauce thickens slightly.
- ☐ Place chicken in a 9x13 inch baking dish and pour sauce over all.
- ☐ Bake at 300 degrees F (150 degrees C) for about 10 to 15 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:8.75, Inflammation Score:-6, Nutrition Score:18.722608607748%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 387.66kcal (19.38%), Fat: 19.06g (29.33%), Saturated Fat: 9.36g (58.49%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.57g (5.3%), Sugar: 1.38g (1.54%), Cholesterol: 269.11mg (89.7%), Sodium: 916.98mg (39.87%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 32.18g (64.36%), Selenium: 55.76µg (79.66%), Vitamin B3: 13.09mg (65.46%), Vitamin B6: 0.95mg (47.67%), Phosphorus: 356.92mg (35.69%), Vitamin B2: 0.47mg (27.8%), Vitamin B5: 2.42mg (24.18%), Vitamin B1: 0.24mg (16.22%), Potassium: 558.51mg (15.96%), Folate: 57.57µg (14.39%), Vitamin A: 631.52IU (12.63%), Iron: 2.1mg (11.66%), Manganese: 0.23mg (11.38%), Vitamin B12: 0.67µg (11.1%), Magnesium: 43.59mg (10.9%), Zinc: 1.47mg (9.83%), Vitamin C: 7.2mg (8.73%), Vitamin E: 1.09mg (7.24%), Vitamin D: 0.99µg (6.62%), Copper: 0.11mg (5.32%), Calcium: 44.52mg (4.45%), Fiber: 0.47g (1.89%), Vitamin K: 1.93µg (1.84%)