



## Easy After Work Chicken Francaise

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 1 pound thin- chicken breast cutlets
- 2 cups chicken broth
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 4 sprigs parsley fresh
- 4 servings salt and ground pepper black to taste
- 1 optional: lemon cut into wedges
- 0.3 cup juice of lemon

0.5 cup vegetable oil

## Equipment

frying pan

## Directions

- Season 2 cups flour with salt and pepper. Coat chicken cutlets in seasoned flour, shaking off excess, then dip in egg.
- Heat vegetable oil in a large skillet over medium heat. Pan-fry chicken until golden brown on both sides, 5 to 7 minutes; transfer to a plate. Melt butter in the same skillet; cook and stir remaining 2 tablespoons flour in butter for 5 minutes, then add chicken broth and lemon juice. Simmer until thickened, about 10 minutes. Return chicken to the skillet. Continue simmering until chicken is no longer pink in the center, about 15 more minutes.
- Serve chicken with parsley sprigs and lemon wedges.

## Nutrition Facts

**PROTEIN 22.22%** **FAT 68.12%** **CARBS 9.66%**

## Properties

Glycemic Index:53.63, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:15.471304364826%

## Flavonoids

Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 426.71kcal (21.34%), Fat: 33.08g (50.89%), Saturated Fat: 16.78g (104.9%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.6g (3.49%), Sugar: 2.53g (2.81%), Cholesterol: 203.03mg (67.68%), Sodium: 1818.96mg (79.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.55%), Vitamin B3: 10.84mg (54.18%), Phosphorus: 356.83mg (35.68%), Selenium: 23.88µg (34.11%), Vitamin B6: 0.57mg (28.72%), Vitamin K: 28.65µg (27.29%), Vitamin C: 21.54mg (26.11%), Vitamin A: 932.09IU (18.64%), Vitamin B2: 0.29mg (16.91%), Vitamin B5: 1.58mg (15.78%), Potassium: 530.4mg (15.15%), Vitamin E: 1.82mg (12.13%), Magnesium: 38.44mg (9.61%), Vitamin B1:

0.13mg (8.95%), Folate: 33.55µg (8.39%), Iron: 1.34mg (7.42%), Vitamin B12: 0.43µg (7.1%), Zinc: 1.03mg (6.88%), Manganese: 0.14mg (6.75%), Calcium: 46.62mg (4.66%), Fiber: 0.96g (3.85%), Copper: 0.08mg (3.84%), Vitamin D: 0.55µg (3.69%)