



Famous Chicken Francaise

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 14.5 ounce chicken broth canned
- 1 eggs beaten
- 1 cup flour all-purpose
- 2 sprigs parsley fresh for garnish
- 1 pinch garlic powder
- 6 slices optional: lemon for garnish
- 1 pinch paprika
- 6 chicken breast halves boneless skinless

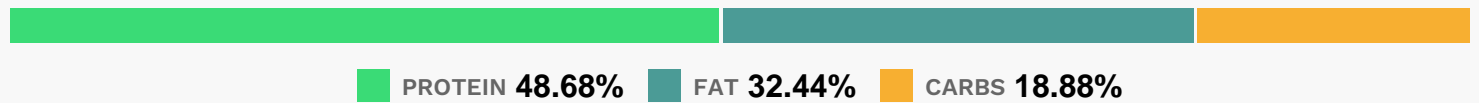
Equipment

- bowl
- frying pan

Directions

- In a shallow dish or bowl, mix together the egg and juice of 1/2 lemon. In another shallow dish or bowl mix together the flour, garlic powder and paprika. Dip chicken breasts in egg mixture, then flour mixture.
- Heat butter or margarine in a large skillet over medium heat.
- Add chicken breasts and cook until golden on each side.
- In a medium bowl, mix together broth and juice of 1 lemon, and pour mixture over chicken in skillet. Reduce heat to medium low and let simmer for about 8 minutes.
- Place on serving platter, and garnish with fresh lemon slices and parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:11.62, Inflammation Score:-5, Nutrition Score:18.832608533942%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 377.6kcal (18.88%), Fat: 13.19g (20.29%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 16.49g (6%), Sugar: 0.27g (0.3%), Cholesterol: 143.89mg (47.96%), Sodium: 502.49mg (21.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.06%), Selenium: 58.16µg (83.09%), Vitamin B3: 14.68mg (73.4%), Vitamin B6: 1mg (50.24%), Phosphorus: 381.7mg (38.17%), Vitamin B2: 0.32mg (18.91%), Vitamin B5: 1.83mg (18.34%), Zinc: 2.62mg (17.48%), Vitamin B12: 0.98µg (16.41%), Potassium: 568.54mg (16.24%),

Vitamin B1: 0.24mg (16.15%), Iron: 2.47mg (13.73%), Folate: 48.89µg (12.22%), Magnesium: 48.72mg (12.18%),
Manganese: 0.16mg (8.21%), Vitamin K: 7.69µg (7.33%), Vitamin A: 349.21IU (6.98%), Vitamin C: 5.51mg (6.68%),
Copper: 0.1mg (5.17%), Vitamin E: 0.65mg (4.33%), Fiber: 0.78g (3.11%), Calcium: 25.92mg (2.59%), Vitamin D:
0.33µg (2.19%)