



Sautéed Worcestershire Chicken

READY IN



35 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken breast thin
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh finely chopped
- 0.5 cup chicken broth low-sodium
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper
- 3 tablespoons butter unsalted
- 2 tablespoons vegetable oil
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- oven
- wooden spoon
- aluminum foil

Directions

- Preheat oven to 200F.
- Sprinkle chicken with salt and pepper; dredge in flour.
- Warm 1 Tbsp. butter and 1 Tbsp. vegetable oil in a large skillet over medium-high heat until butter foams.
- Add half of cutlets and cook until browned, about 4 minutes. Turn and cook until firm and browned on both sides, about 3 minutes longer.
- Transfer to a plate and loosely cover with foil to keep warm.
- Add another 1 Tbsp. each butter and oil to skillet and repeat with remaining cutlets.
- Add to platter and keep warm in oven.
- Add Worcestershire sauce, vinegar and chicken broth to empty skillet and bring to a boil, scraping up browned bits from bottom of pan with a wooden spoon. Boil, stirring occasionally, until thickened, about 5 minutes.
- Remove from heat and stir in remaining 1 Tbsp. butter until it is melted. Season sauce with salt and pepper.
- Pour sauce over chicken and garnish with chopped parsley.
- Serve immediately.

Nutrition Facts



PROTEIN 40.76% **FAT 48.41%** **CARBS 10.83%**

Properties

Glycemic Index:26.75, Glycemic Load:5.77, Inflammation Score:-5, Nutrition Score:20.992608438367%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 379.92kcal (19%), Fat: 20.02g (30.8%), Saturated Fat: 7.47g (46.67%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.73g (3.54%), Sugar: 0.94g (1.04%), Cholesterol: 131.44mg (43.81%), Sodium: 513.24mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.86%), Vitamin B3: 18.85mg (94.25%), Selenium: 58.11µg (83.02%), Vitamin B6: 1.28mg (64.18%), Vitamin K: 46.5µg (44.28%), Phosphorus: 386.38mg (38.64%), Vitamin B5: 2.49mg (24.89%), Potassium: 748.98mg (21.4%), Vitamin B2: 0.25mg (14.53%), Vitamin B1: 0.2mg (13.26%), Magnesium: 49.28mg (12.32%), Iron: 1.77mg (9.84%), Vitamin A: 488.62IU (9.77%), Vitamin E: 1.15mg (7.67%), Zinc: 1.14mg (7.58%), Folate: 29.9µg (7.48%), Vitamin C: 5.82mg (7.06%), Vitamin B12: 0.39µg (6.46%), Manganese: 0.1mg (5.12%), Copper: 0.1mg (4.91%), Calcium: 25.97mg (2.6%), Vitamin D: 0.33µg (2.18%), Fiber: 0.35g (1.39%)