



Garlic Cream Sauce over Chicken Breasts

READY IN



35 min.

SERVINGS



4

CALORIES



503 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup chicken broth
- ☐ 2 ounces cream cheese softened
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil

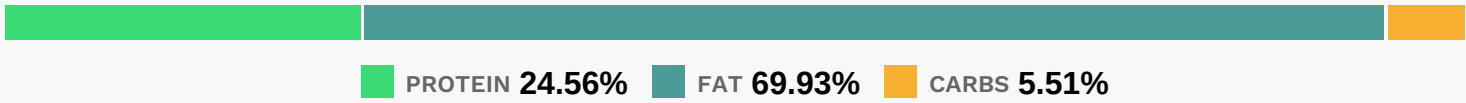
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Season chicken breasts with oregano, basil, salt, and black pepper.
- ☐ Cook the chicken breasts on preheated grill until no longer pink in the center and the juices run clear, 5 to 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Melt butter with vegetable oil in a saucepan over medium heat. Cook and stir garlic in the butter mixture until fragrant, about 2 minutes. Stir flour through the butter mixture; cook and stir until flour is incorporated, about 1 minute more.
- ☐ Pour heavy cream and chicken broth into the saucepan; stir. Continue cooking until the mixture thickens, 3 to 5 minutes.
- ☐ Add Parmesan cheese and cream cheese to the saucepan; cook, stirring occasionally, until the cheese is melted into the sauce, about 5 minutes.
- ☐ Plate the chicken breasts. Spoon sauce over the chicken.
- ☐ Serve extra sauce on the side.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:17.65391292261%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 502.98kcal (25.15%), Fat: 39.15g (60.23%), Saturated Fat: 21.47g (134.18%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.46g (2.73%), Cholesterol: 172.86mg (57.62%), Sodium: 833.36mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.87%), Selenium: 44.69µg (63.84%), Vitamin B3: 12.08mg (60.39%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 375.53mg (37.55%), Vitamin A: 1307.03IU (26.14%), Vitamin B2: 0.34mg (19.82%), Vitamin B5: 1.92mg (19.22%), Calcium: 190.41mg (19.04%), Vitamin K: 16.99µg (16.18%), Potassium: 549.75mg (15.71%), Magnesium: 44.1mg (11.02%), Zinc: 1.51mg (10.05%), Vitamin E: 1.44mg (9.62%), Vitamin B12: 0.53µg (8.88%), Manganese: 0.18mg (8.79%), Vitamin B1: 0.12mg (7.85%), Vitamin D: 1.13µg (7.52%), Iron: 1.13mg (6.29%), Folate: 14.53µg (3.63%), Copper: 0.07mg (3.52%), Vitamin C: 2.43mg (2.94%), Fiber: 0.47g (1.87%)