



Meghann's Chicken Scallopini

READY IN



50 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 0.5 cup chicken stock see
- 1.5 teaspoons flour all-purpose
- 2 cloves garlic minced
- 0.8 cup heavy cream
- 2 onions sliced
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless
- 0.5 cup white wine

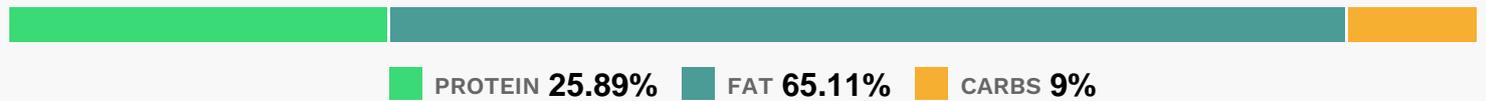
Equipment

- frying pan
- kitchen thermometer
- aluminum foil
- stove
- spatula

Directions

- Heat the canola oil in a large skillet over medium-high heat. Season the chicken breasts with salt and black pepper. Arrange the chicken in the skillet and pan fry until golden brown, no longer pink in the center, and the juices run clear, about 10 minutes on each side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Transfer the chicken to a large platter, and cover with aluminum foil.
- Return the skillet to the stove and reduce heat to medium. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the white wine and scrape up any brown bits from the skillet with a spatula.
- Add the chicken stock, and continue to cook and stir until the liquid has reduced, about 5 minutes. Stir in the heavy cream and flour; cook and stir until thickened. Top the chicken with the sauce before serving.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:15.643478113672%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg,

Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 435.73kcal (21.79%), Fat: 29.97g (46.1%), Saturated Fat: 11.8g (73.74%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.41g (4.9%), Cholesterol: 123.65mg (41.22%), Sodium: 383.79mg (16.69%), Alcohol: 3.09g (100%), Alcohol %: 1.37% (100%), Protein: 26.81g (53.62%), Vitamin B3: 12.44mg (62.2%), Selenium: 38.93µg (55.62%), Vitamin B6: 0.98mg (49.01%), Phosphorus: 295.74mg (29.57%), Vitamin B5: 1.82mg (18.17%), Potassium: 600.45mg (17.16%), Vitamin E: 2.48mg (16.56%), Vitamin B2: 0.25mg (14.54%), Vitamin A: 692.02IU (13.84%), Magnesium: 42.75mg (10.69%), Vitamin K: 9.57µg (9.11%), Vitamin B1: 0.13mg (8.5%), Manganese: 0.15mg (7.71%), Vitamin C: 6.22mg (7.54%), Zinc: 0.96mg (6.38%), Vitamin D: 0.83µg (5.51%), Calcium: 54.3mg (5.43%), Folate: 19.97µg (4.99%), Vitamin B12: 0.3µg (4.96%), Iron: 0.78mg (4.36%), Copper: 0.08mg (4%), Fiber: 0.99g (3.95%)