



Monte Cristo Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup chicken stock see
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 cloves garlic sliced
- ☐ 4 servings herbs de provence
- ☐ 0.3 juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 shallots chopped

☐ 24 ounces chicken breasts boneless skinless

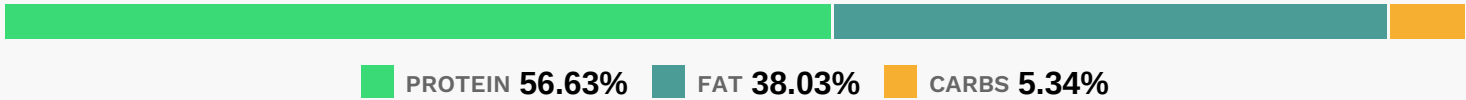
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Heat oven to 375°F.
- ☐ Heat oil in a large ovenproof sauté pan over medium-high heat. Season chicken with salt, pepper and herbes de Provence. Dust with flour; tap off excess. Cook, meaty side down, 5 minutes. Turn over; cook 1 minute.
- ☐ Add garlic and shallot; stir 30 seconds.
- ☐ Add wine; cook 1 minute.
- ☐ Add stock; cook 30 seconds.
- ☐ Add lemon juice.
- ☐ Transfer pan to oven.
- ☐ Bake until chicken is cooked through, 9 to 13 minutes.
- ☐ Transfer chicken to cutting board.
- ☐ Place pan over medium heat; simmer sauce 1 minute.
- ☐ Add butter; swirl pan until butter incorporates and sauce thickens slightly.
- ☐ Cut each breast into 4 slices; transfer each to a plate; top with sauce and garlic.
- ☐ Serve with spinach; garnish with zest, if desired.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:18.875217349633%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 278.67kcal (13.93%), Fat: 11.02g (16.95%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.96g (1.07%), Cholesterol: 116.84mg (38.95%), Sodium: 243.79mg (10.6%), Alcohol: 1.54g (100%), Alcohol %: 0.9% (100%), Protein: 36.93g (73.85%), Vitamin B3: 18.08mg (90.38%), Selenium: 55.25µg (78.93%), Vitamin B6: 1.35mg (67.33%), Phosphorus: 374.15mg (37.41%), Vitamin B5: 2.47mg (24.68%), Potassium: 696.6mg (19.9%), Vitamin K: 20.02µg (19.06%), Magnesium: 50.58mg (12.65%), Iron: 2.07mg (11.51%), Vitamin B2: 0.19mg (11.43%), Manganese: 0.18mg (8.89%), Vitamin B1: 0.13mg (8.59%), Zinc: 1.14mg (7.62%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.35µg (5.77%), Vitamin C: 4.5mg (5.45%), Copper: 0.08mg (3.79%), Calcium: 36.58mg (3.66%), Vitamin A: 177.51IU (3.55%), Folate: 13.12µg (3.28%), Fiber: 0.62g (2.49%), Vitamin D: 0.17µg (1.13%)