



## Panko Crusted Mustard Chicken Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 cup breadcrumbs panko style
- ☐ 0.8 cup chicken stock see low-sodium homemade canned
- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 2.5 tablespoon dijon mustard
- ☐ 2 tablespoon rosemary fresh plus more for garnish chopped
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoon olive oil plus more for breasts
- ☐ 4 tablespoon butter unsalted at room temperature

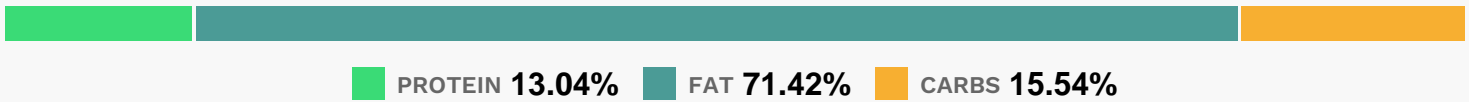
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ wooden spoon

# Directions

- ☐ Preheat oven to 375 degrees. Rub chicken breasts lightly with olive oil, and season with salt and pepper.
- ☐ Combine 2 tablespoons butter with the mustard; reserve 2 teaspoons for sauce. Melt remaining 2 tablespoons butter; mix with breadcrumbs and rosemary, and season with salt and pepper.In a large skillet, heat oil over medium-high heat. Sear chicken skin side down until crispy, about 5 minutes.
- ☐ Remove from heat. Smear with mustard mixture, and sprinkle with breadcrumbs. Turn skin side up; apply mustard mixture and breadcrumbs.
- ☐ Transfer skillet to oven, and roast until chicken is cooked through and top is golden brown, 15 to 20 minutes.
- ☐ Transfer chicken to serving platter.
- ☐ Add stock and cream to skillet over medium heat, and stir with wooden spoon until creamy and reduced to 3/4 cup, about 3 minutes.
- ☐ Remove from heat, and stir in reserved mustard mixture. Strain through a fine sieve, and serve with chicken.
- ☐ Garnish with rosemary.

# Nutrition Facts



# Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:8.6469564852507%

# Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 421.54kcal (21.08%), Fat: 33.66g (51.78%), Saturated Fat: 16.16g (101%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.02g (5.46%), Sugar: 2.27g (2.52%), Cholesterol: 82.94mg (27.65%), Sodium: 640.39mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Selenium: 16.4µg (23.42%), Vitamin A: 891.12IU (17.82%), Vitamin B1: 0.22mg (14.7%), Phosphorus: 123.62mg (12.36%), Vitamin E: 1.78mg (11.86%), Manganese: 0.24mg (11.81%), Vitamin B3: 2.35mg (11.76%), Vitamin B2: 0.19mg (11.08%), Iron: 1.77mg (9.82%), Zinc: 1.41mg (9.39%), Vitamin B12: 0.53µg (8.78%), Vitamin K: 8.51µg (8.1%), Calcium: 74.7mg (7.47%), Folate: 25.79µg (6.45%), Magnesium: 23.79mg (5.95%), Vitamin B6: 0.12mg (5.91%), Fiber: 1.46g (5.82%), Vitamin D: 0.72µg (4.83%), Copper: 0.09mg (4.32%), Potassium: 150.97mg (4.31%), Vitamin B5: 0.24mg (2.39%)