



Parmesan-Breaded Chicken with Creamy Sage Sauce

READY IN



47 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 cup breadcrumbs fresh french
- 1 teaspoon cornstarch
- 1 large egg white
- 0.3 cup less-sodium chicken broth dry white fat-free
- 0.7 cup less-sodium chicken broth fat-free
- 1 tablespoon flour all-purpose
- 2 teaspoons sage fresh chopped

- 0.5 teaspoon garlic salt
- 1 tablespoon juice of lemon fresh
- 1 teaspoon juice of lemon fresh
- 2 teaspoons butter light
- 1 teaspoon olive oil
- 1 teaspoon oregano dried
- 0.8 ounce parmesan cheese fresh shredded
- 0.3 teaspoon salt
- 3 tablespoons shallots minced
- 24 ounce chicken breast halves boneless skinless

Equipment

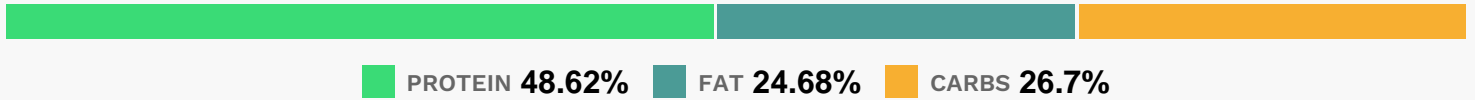
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Preheat oven to 45
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- Combine breadcrumbs and next 4 ingredients in a shallow dish.
- Combine 1 tablespoon lemon juice, cornstarch, and egg white in another shallow dish. Stir well with a whisk.
- Dip each chicken breast half in egg white mixture; dredge in breadcrumb mixture.

- Place chicken breast halves on a wire rack; let stand 10 minutes.
- Place a baking sheet in oven to heat while chicken stands.
- Coat each chicken breast half well with cooking spray.
- Remove hot baking sheet from oven; coat with cooking spray.
- Place chicken breast halves on baking sheet, and bake at 450 for 20 to 25 minutes or until chicken is done.
- While chicken bakes, heat oil in a small saucepan over medium-high heat.
- Add shallots; saut 2 minutes or until tender.
- Sprinkle shallots with flour; stir well, and cook 1 minute.
- Add broth, wine, and 1 teaspoon lemon juice; bring to a boil. Reduce heat, and simmer 2 minutes or until thick, stirring occasionally.
- Add butter, stirring with a whisk until butter melts. Stir in chopped sage and salt.
- Serve immediately with chicken breast halves.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:27.519999897998%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 367.42kcal (18.37%), Fat: 9.79g (15.06%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 21.99g (8%), Sugar: 2.6g (2.89%), Cholesterol: 115.09mg (38.36%), Sodium: 1164.08mg (50.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.81%), Copper: 3.18mg (158.8%), Vitamin B3: 20.03mg (100.14%), Selenium: 66.13µg (94.47%), Vitamin B6: 1.35mg (67.74%), Phosphorus: 455.26mg (45.53%), Vitamin B5: 2.72mg (27.24%), Vitamin B1: 0.4mg (26.73%), Manganese: 0.46mg (22.95%), Potassium: 763.94mg (21.83%), Vitamin B2: 0.36mg (21.3%), Magnesium: 65.35mg (16.34%), Iron: 2.59mg (14.39%), Calcium: 143.62mg (14.36%), Folate: 45.18µg (11.29%), Zinc: 1.63mg (10.83%), Vitamin B12: 0.62µg (10.38%), Fiber: 1.84g (7.36%), Vitamin K: 6.31µg (6.01%), Vitamin C: 4.59mg (5.56%), Vitamin E: 0.64mg (4.29%), Vitamin A: 144.18IU (2.88%), Vitamin D:

0.22µg (1.48%)