



Parmesan-Crusted Chicken in Cream Sauce

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

SAUCE

Ingredients

- 0.8 lb asparagus spears fresh steamed trimmed
- 0.3 cup philadelphia chive & onion
- 14 oz chicken broth fat-free divided reduced-sodium canned
- 2 cups brown rice instant uncooked
- 2 tsp oil
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup ritz crackers crushed finely
- 1 lb chicken breasts boneless skinless
- 0.5 cup water

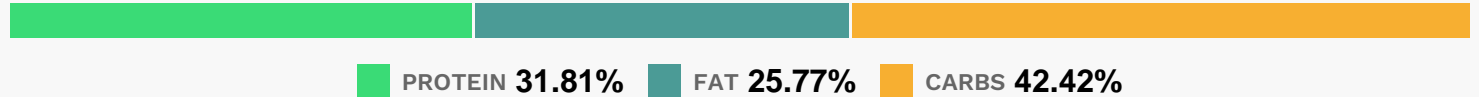
Equipment

frying pan

Directions

- Cook rice in 1-1/4 cups broth and 1/2 cup water as directed on package.
- Meanwhile, mix cracker crumbs and Parmesan on plate. Rinse chicken with water; gently shake off excess water. Dip chicken in crumb mixture, turning to evenly coat both sides of each breast. Discard any remaining crumb mixture.
- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 5 to 6 min. on each side or until done (165F).
- Transfer to plate; cover to keep warm.
- Add remaining broth and reduced-fat cream cheese to skillet; bring just to boil, stirring constantly. Cook 3 min. or until thickened, stirring frequently; spoon over chicken.
- Serve with rice and asparagus.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.5804347791102%

Flavonoids

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 40.94kcal (2.05%), Fat: 1.15g (1.77%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4g (1.45%), Sugar: 0.27g (0.3%), Cholesterol: 8.65mg (2.88%), Sodium: 70.94mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Selenium: 5.75µg (8.21%), Vitamin B3: 1.64mg (8.2%), Vitamin B6: 0.1mg (4.99%), Folate: 17.09µg (4.27%), Vitamin B1: 0.06mg (4.11%), Vitamin K: 3.92µg (3.73%), Phosphorus: 37.01mg (3.7%), Manganese: 0.06mg (3.04%), Iron: 0.53mg (2.93%), Vitamin B5: 0.22mg (2.18%), Potassium: 64.18mg (1.83%), Vitamin A: 87.83IU (1.76%), Vitamin B2: 0.03mg (1.68%), Copper: 0.03mg (1.48%),

Magnesium: 5.03mg (1.26%), Zinc: 0.19mg (1.26%), Vitamin E: 0.17mg (1.15%), Fiber: 0.27g (1.08%)