



Pecan Chicken with Cream Sauce

READY IN



28 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 24 oz skinned and boned chicken breasts
- 0.3 cup chicken broth
- 2 tablespoons dijon mustard divided
- 0.5 cup breadcrumbs dry fine
- 0.8 cup pecan halves
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 3 tablespoons vegetable oil

0.3 cup whipping cream

Equipment

food processor

bowl

frying pan

blender

Directions

- Process pecans in a food processor or blender until finely ground.
- Combine ground pecans and breadcrumbs in a shallow dish; set aside.
- Sprinkle chicken with salt and pepper. Stir together butter and 1 Tbsp. mustard in a bowl.
- Brush each chicken breast with mustard mixture; dredge in pecan mixture.
- Heat oil in a large skillet over medium heat until hot; cook chicken 4 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add whipping cream, broth, and remaining 1 Tbsp. mustard to drippings in pan; cook 4 minutes, stirring constantly, until sauce thickens.
- Serve sauce over chicken.
- Equipment Tip: A mini-food processor is just the right size to grind the small amount of pecans in step
- MENU IDEA FOR 4 * Pecan Chicken with Cream Sauce * Mashed sweet potatoes * Steamed asparagus
- GROCERIES NEEDED Check staples: fine, dry breadcrumbs; salt; pepper; butter; Dijon mustard; vegetable oil * 3/4 cup pecan halves * 4 (6-oz.) skinned and boned chicken breasts * 1 (8-oz.) container whipping cream * 1 (14-oz.) can chicken broth * 1 (24-oz.) package refrigerated mashed sweet potatoes (such as Simply Potatoes) * 1 lb. fresh asparagus

Nutrition Facts

 PROTEIN **28.18%**  FAT **62.55%**  CARBS **9.27%**

Properties

Glycemic Index:18.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:25.147391350373%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 572.35kcal (28.62%), Fat: 39.98g (61.51%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 10.58g (3.85%), Sugar: 2.18g (2.42%), Cholesterol: 125.96mg (41.99%), Sodium: 648.52mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.05%), Vitamin B3: 18.94mg (94.7%), Selenium: 61.6µg (88%), Vitamin B6: 1.34mg (67.04%), Manganese: 1.04mg (51.97%), Phosphorus: 450.02mg (45%), Vitamin B5: 2.73mg (27.28%), Vitamin B1: 0.38mg (25.53%), Potassium: 764.58mg (21.85%), Vitamin K: 21.43µg (20.41%), Magnesium: 77.71mg (19.43%), Vitamin B2: 0.29mg (17.24%), Copper: 0.31mg (15.71%), Zinc: 2.12mg (14.13%), Vitamin E: 1.82mg (12.1%), Fiber: 2.74g (10.97%), Vitamin A: 536.78IU (10.74%), Iron: 1.91mg (10.62%), Vitamin B12: 0.42µg (7.02%), Folate: 26.54µg (6.64%), Calcium: 64.08mg (6.41%), Vitamin C: 2.38mg (2.88%), Vitamin D: 0.41µg (2.72%)