



Sautéed Chicken Breasts with Creamy Walnut Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby spinach fresh
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 ounce day-old bread white
- ☐ 1 teaspoon butter
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves chopped

- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup walnuts toasted

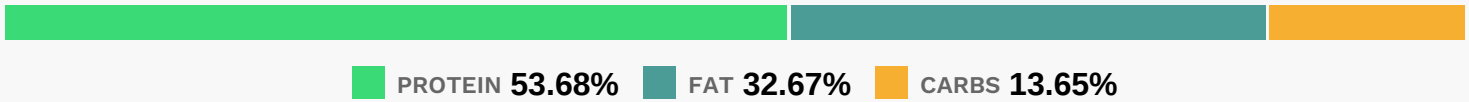
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim crusts from bread. Chop bread; combine bread and broth in a small bowl.
- ☐ Let stand 10 minutes.
- ☐ Combine bread mixture, walnuts, parsley leaves, juice, 1/2 teaspoon salt, 1/4 teaspoon black pepper, red pepper, and garlic in a food processor; process until smooth.
- ☐ Sprinkle chicken with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon black pepper.
- ☐ Heat olive oil and butter in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 7 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add chicken broth mixture to pan; cook until hot and slightly thickened, scraping pan to loosen browned bits.
- ☐ To serve, place 1 cup spinach on each of 6 plates.
- ☐ Place 1 chicken breast half on each serving; top each with about 2 1/2 tablespoons sauce.
- ☐ Sprinkle 1 teaspoon chopped parsley over each serving.

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:30.654782435168%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 303.54kcal (15.18%), Fat: 10.9g (16.77%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.62g (3.13%), Sugar: 1.19g (1.33%), Cholesterol: 110.65mg (36.88%), Sodium: 598.99mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.59%), Vitamin K: 209.09µg (199.14%), Vitamin B3: 19.31mg (96.55%), Selenium: 58.51µg (83.58%), Vitamin B6: 1.4mg (70.13%), Vitamin A: 3227.76IU (64.56%), Phosphorus: 426.68mg (42.67%), Manganese: 0.65mg (32.32%), Potassium: 906.12mg (25.89%), Vitamin B5: 2.58mg (25.83%), Folate: 93.4µg (23.35%), Magnesium: 85.05mg (21.26%), Vitamin C: 16.64mg (20.17%), Vitamin B2: 0.29mg (16.97%), Vitamin B1: 0.23mg (15.49%), Iron: 2.47mg (13.73%), Copper: 0.24mg (11.87%), Zinc: 1.57mg (10.46%), Calcium: 84.44mg (8.44%), Vitamin E: 1.17mg (7.8%), Fiber: 1.63g (6.51%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.17µg (1.13%)