



Sautéed Chicken in Dijon-Cream Sauce

READY IN



26 min.

SERVINGS



4

CALORIES



332 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons dijon mustard
- 0.5 cup less-sodium chicken broth dry white fat-free
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup flour all-purpose
- 1 tablespoon tarragon fresh chopped
- 8 ounce cup heavy whipping cream sour low-fat
- 2 teaspoons olive oil divided
- 0.3 teaspoon salt

- 1 tablespoon shallots chopped
- 24 ounce chicken breast halves boneless skinless

Equipment

- frying pan
- plastic wrap
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small, heavy skillet.
- Sprinkle both sides of chicken with 1/4 teaspoon pepper and salt. Dredge chicken in flour, shaking off excess.
- Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- Add chicken, and cook 4 to 5 minutes on each side or until done.
- Remove chicken from pan, and keep warm.
- Heat remaining 1 teaspoon oil in pan.
- Add shallots; saut 1 minute.
- Add wine and broth; bring to a boil. Boil 3 to 4 minutes or until mixture is reduced by half.
- Add mustard, tarragon, and remaining 1/4 teaspoon pepper; cook 1 minute.
- Remove from heat; stir in sour cream.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:4.99, Inflammation Score:-5, Nutrition Score:21.222173903299%

Nutrients (% of daily need)

Calories: 331.57kcal (16.58%), Fat: 12.98g (19.97%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.12g (4.04%), Sugar: 0.54g (0.6%), Cholesterol: 128.71mg (42.9%), Sodium: 705.95mg

(30.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.03%), Vitamin B3: 18.77mg (93.83%), Selenium: 62.76µg (89.65%), Vitamin B6: 1.35mg (67.67%), Phosphorus: 427.61mg (42.76%), Vitamin B5: 2.56mg (25.59%), Potassium: 850.77mg (24.31%), Vitamin B2: 0.32mg (18.7%), Magnesium: 62.81mg (15.7%), Manganese: 0.3mg (14.76%), Vitamin B1: 0.22mg (14.48%), Calcium: 118.69mg (11.87%), Vitamin B12: 0.69µg (11.53%), Iron: 1.86mg (10.35%), Zinc: 1.47mg (9.77%), Folate: 34.12µg (8.53%), Vitamin A: 317.29IU (6.35%), Vitamin E: 0.82mg (5.44%), Copper: 0.1mg (5%), Vitamin C: 3.66mg (4.43%), Fiber: 0.81g (3.22%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.28µg (1.89%)