



## Sautéed Chicken with Sage Browned Butter

READY IN



25 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons butter
- 0.5 cup flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 2 tablespoons juice of lemon
- 2 sage sprigs
- 0.3 teaspoon salt
- 1 tablespoon shallots minced
- 24 ounce chicken breast halves boneless skinless

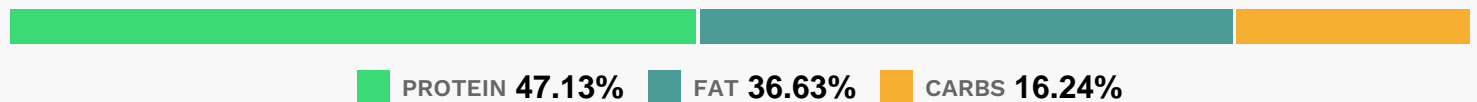
## Equipment

- frying pan
- plastic wrap

## Directions

- Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness.
- Sprinkle with salt and pepper.
- Heat a large skillet over medium-high heat; coat with cooking spray.
- Place flour in a shallow dish; dredge chicken in flour.
- Add chicken to pan; saut for 4 minutes on each side or until done.
- Remove chicken from pan.
- Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage.
- Add shallots and thyme; cook for 30 seconds.
- Add lemon juice; cook for 30 seconds.
- Serve with chicken.
- Garnish with sage leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:8.77, Inflammation Score:-7, Nutrition Score:19.152173586514%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 330.37kcal (16.52%), Fat: 13.11g (20.17%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.45g (4.53%), Sugar: 0.44g (0.48%), Cholesterol: 131.44mg (43.81%), Sodium: 410.93mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Vitamin B3: 18.69mg (93.45%), Selenium: 59.88µg (85.54%), Vitamin B6: 1.3mg (64.77%), Phosphorus: 379.43mg (37.94%), Vitamin B5: 2.52mg (25.25%), Potassium: 669.5mg (19.13%), Vitamin B1: 0.24mg (15.72%), Vitamin B2: 0.26mg (15%), Magnesium: 49.9mg (12.47%), Folate: 38.31µg (9.58%), Manganese: 0.17mg (8.36%), Iron: 1.5mg (8.31%), Zinc: 1.13mg (7.54%), Vitamin C: 5.94mg (7.21%), Copper: 0.14mg (6.89%), Vitamin A: 338.41IU (6.77%), Vitamin B12: 0.36µg (5.97%), Vitamin E: 0.59mg (3.93%), Fiber: 0.63g (2.51%), Calcium: 17.55mg (1.75%), Vitamin K: 1.35µg (1.28%), Vitamin D: 0.17µg (1.13%)