



Seared Chicken with Mustard Cream

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoons cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots minced 1
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons mustard stone-ground
- ☐ 0.5 teaspoon sugar

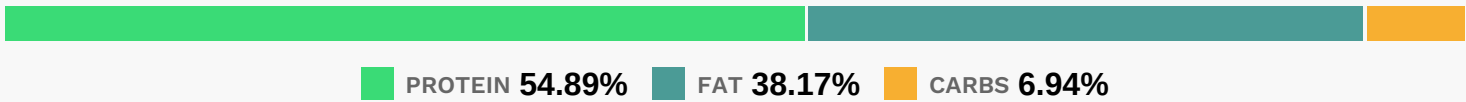
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ 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 rolling pin.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 2 to 3 minutes on each side or until golden brown.
- ☐ Remove chicken and keep warm.
- ☐ Reduce heat to medium; add shallots and saut 1 to 2 minutes or until tender.
- ☐ Add wine and scrape browned bits from pan; cook until wine almost evaporates.
- ☐ Add broth; bring to a boil over medium-high heat and cook 2 minutes or until reduced to about 2 tablespoons.
- ☐ Remove from heat; stir in stone-ground and Dijon mustards and next 3 ingredients. Spoon mustard cream over chicken.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:12.931739242181%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

Nutrients (% of daily need)

Calories: 192.68kcal (9.63%), Fat: 7.78g (11.96%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.15g (1.28%), Cholesterol: 75.72mg (25.24%), Sodium: 497.89mg (21.65%), Alcohol: 0.77g (100%), Alcohol %: 0.55% (100%), Protein: 25.16g (50.31%), Vitamin B3: 12.09mg (60.46%), Selenium: 40.24µg (57.49%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 263.5mg (26.35%), Vitamin B5: 1.7mg (17.03%), Potassium: 494.71mg (14.13%), Magnesium: 39.68mg (9.92%), Vitamin B2: 0.15mg (8.62%), Vitamin B1: 0.1mg (6.6%), Manganese: 0.13mg (6.32%), Iron: 1.02mg (5.69%), Vitamin C: 4.68mg (5.67%), Zinc: 0.83mg (5.51%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.78mg (5.2%), Calcium: 35.3mg (3.53%), Fiber: 0.81g (3.25%), Vitamin A: 153.78IU (3.08%), Copper: 0.06mg (3.01%), Vitamin K: 2.78µg (2.65%), Folate: 9.01µg (2.25%)