



WHATSheATE



Shrimp-Filled Chicken Breasts in Champagne Sauce



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken breast boneless skinless
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 teaspoons salt
- ☐ 18 medium shrimp deveined uncooked peeled (26 to 30 count)
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons olive oil
- ☐ 2 shallots thinly sliced

- ☐ 1.5 cups champagne
- ☐ 0.3 cup whipping cream
- ☐ 1 tablespoon summer savory fresh chopped
- ☐ 6 sprigs summer savory fresh

Equipment



- ☐ frying pan
- ☐ plastic wrap
- ☐ toothpicks
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Between sheets of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ Spread 1 side of each chicken breast with 1/2 teaspoon mustard; sprinkle each with 1/4 teaspoon salt. Top each chicken breast with 3 shrimp. Starting at a short side, roll up chicken; secure with toothpick.
- ☐ In 8- to 10-inch nonstick skillet, heat butter and oil over medium-high heat.
- ☐ Add chicken; cook 5 to 8 minutes, turning frequently to brown all sides.
- ☐ Stir in shallots and Champagne. Cover; cook 3 to 5 minutes or until juice of chicken is clear when center of thickest part is cut (165°F).
- ☐ Remove chicken from skillet to plate; cover and keep warm.
- ☐ Stir cream and remaining 1/2 teaspoon salt into Champagne mixture.
- ☐ Heat to boiling. Continue to cook about 5 minutes, stirring constantly, until sauce thickens and is reduced by half.
- ☐ Remove from heat. Stir in chopped summer savory.
- ☐ Serve sauce with chicken.
- ☐ Garnish with sprigs of summer savory.

Nutrition Facts



 **PROTEIN 43.88%**  **FAT 49.19%**  **CARBS 6.93%**

Properties

Glycemic Index:18.67, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:15.553913126821%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 308.61kcal (15.43%), Fat: 15.41g (23.7%), Saturated Fat: 6.12g (38.23%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 2.93g (1.07%), Sugar: 1.66g (1.85%), Cholesterol: 141.86mg (47.29%), Sodium: 814.39mg (35.41%), Alcohol: 3.78g (100%), Alcohol %: 2.02% (100%), Protein: 30.93g (61.86%), Vitamin B3: 12.03mg (60.13%), Selenium: 37.73µg (53.9%), Vitamin B6: 0.95mg (47.73%), Phosphorus: 329.77mg (32.98%), Potassium: 627.92mg (17.94%), Vitamin B5: 1.67mg (16.72%), Magnesium: 62.59mg (15.65%), Manganese: 0.27mg (13.73%), Iron: 2.3mg (12.8%), Calcium: 116.75mg (11.68%), Copper: 0.19mg (9.64%), Vitamin A: 476.13IU (9.52%), Zinc: 1.33mg (8.88%), Vitamin B2: 0.14mg (8.38%), Fiber: 1.96g (7.83%), Vitamin E: 1.1mg (7.32%), Vitamin B1: 0.1mg (6.54%), Vitamin C: 3.82mg (4.64%), Vitamin B12: 0.25µg (4.16%), Vitamin K: 3.78µg (3.6%), Folate: 8.65µg (2.16%), Vitamin D: 0.27µg (1.81%)