



Sour Cream and Onion Skillet Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 2 lb chicken breast boneless skinless cut into 1-inch pieces
- 2 tablespoons seasoning italian
- 0.5 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 2 tablespoons butter
- 1 small onion thinly sliced
- 2 cloves garlic finely chopped

- 1 cup cream sour
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 3 tablespoons spring onion sliced
- 1 serving rice hot cooked

Equipment

- bowl
- frying pan

Directions

- In 12-inch skillet, heat oil over medium-high heat.
- Sprinkle chicken pieces with Italian seasoning, salt and pepper; add to skillet. Cook 2 to 3 minutes, stirring frequently, until golden.
- Add butter, onion and garlic. Cook about 5 minutes, stirring occasionally, until onion is tender.
- In small bowl, mix sour cream, broth and cornstarch until smooth.
- Pour over chicken mixture. Reduce heat to low. Cook about 5 minutes longer, stirring occasionally, until chicken is no longer pink in center and sauce is thickened. Stir in half of the green onions.
- Serve chicken and sauce over rice.
- Sprinkle with remaining green onions.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:6.6, Inflammation Score:-7, Nutrition Score:26.632608797239%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg,

Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.06mg, Quercetin:
4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 544.76kcal (27.24%), Fat: 29.97g (46.11%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 16.27g (5.42%),
Net Carbohydrates: 14.62g (5.32%), Sugar: 3.07g (3.41%), Cholesterol: 194.71mg (64.9%), Sodium: 728.61mg
(31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.95g (101.9%), Vitamin B3: 24.03mg (120.13%),
Selenium: 76.93µg (109.9%), Vitamin B6: 1.81mg (90.48%), Phosphorus: 544.77mg (54.48%), Vitamin B5: 3.57mg
(35.71%), Vitamin K: 31.18µg (29.69%), Potassium: 1002.3mg (28.64%), Vitamin B2: 0.37mg (21.71%), Magnesium:
77.64mg (19.41%), Manganese: 0.35mg (17.27%), Vitamin E: 2.33mg (15.51%), Vitamin A: 690.34IU (13.81%), Calcium:
125.03mg (12.5%), Vitamin B1: 0.19mg (12.35%), Zinc: 1.77mg (11.77%), Iron: 2.06mg (11.46%), Vitamin B12: 0.59µg
(9.87%), Vitamin C: 5.91mg (7.16%), Fiber: 1.66g (6.62%), Folate: 25.52µg (6.38%), Copper: 0.12mg (6.22%), Vitamin
D: 0.23µg (1.51%)