



Walnut Chicken with Dijon Cream Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast boneless skinless
- 0.3 cup butter melted
- 0.5 teaspoon garlic powder
- 0.5 cup panko bread crumbs crispy
- 0.3 cup flour all-purpose
- 0.5 cup walnut pieces finely chopped
- 0.3 cup sesame seed
- 1 teaspoon salt
- 0.5 teaspoon pepper freshly ground

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 cup whipping cream
- 2 tablespoons dijon mustard
- 2 tablespoons sherry dry
- 0.3 teaspoon salt
- 0.1 teaspoon pepper freshly ground

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces 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 1/2 inch thick. In small bowl, mix melted butter and garlic powder. In shallow dish, mix bread crumbs, flour, walnuts, sesame seed, 1 teaspoon salt and 1/2 teaspoon pepper.
- Brush both sides of chicken with garlic butter; coat with bread crumb mixture.
- In 12-inch skillet, heat 1 tablespoon each of the butter and oil over medium heat until butter is melted.
- Add 3 chicken breasts; cook 8 to 12 minutes, turning once, until no longer pink in center.
- Remove from skillet to serving platter; cover to keep warm. Repeat with remaining 1 tablespoon each butter and oil and remaining 3 chicken breasts.
- Meanwhile, in 1-quart saucepan, stir sauce ingredients with whisk until blended.

Heat to simmering; cook 10 minutes or until mixture thickens slightly and coats the back of a spoon.

Serve chicken with sauce.

Nutrition Facts

PROTEIN 21.1% **FAT 70.02%** **CARBS 8.88%**

Properties

Glycemic Index:41, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:20.113043743631%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 553.28kcal (27.66%), Fat: 43.24g (66.52%), Saturated Fat: 13.88g (86.77%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 10.29g (3.74%), Sugar: 1.88g (2.09%), Cholesterol: 117.14mg (39.05%), Sodium: 852.59mg (37.07%), Alcohol: 0.51g (100%), Alcohol %: 0.31% (100%), Protein: 29.32g (58.64%), Vitamin B3: 12.88mg (64.41%), Selenium: 44.78µg (63.97%), Vitamin B6: 0.98mg (49.11%), Phosphorus: 358.14mg (35.81%), Manganese: 0.64mg (32.12%), Copper: 0.47mg (23.68%), Vitamin A: 1129.45IU (22.59%), Magnesium: 76.68mg (19.17%), Vitamin B5: 1.85mg (18.54%), Vitamin B1: 0.26mg (17.64%), Potassium: 566.28mg (16.18%), Vitamin B2: 0.27mg (16.09%), Iron: 2.29mg (12.73%), Calcium: 121.56mg (12.16%), Vitamin E: 1.8mg (12.01%), Zinc: 1.69mg (11.3%), Folate: 37.3µg (9.32%), Fiber: 2.05g (8.19%), Vitamin B12: 0.32µg (5.35%), Vitamin K: 5.35µg (5.1%), Vitamin D: 0.75µg (4.98%), Vitamin C: 1.77mg (2.15%)