



WHATSheATE



Walnut Chicken with Dijon Cream Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter divided
- ☐ 6 skinned and boned chicken breasts
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup breadcrumbs dry with panko) fine
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup heavy whipping cream

- ☐ 2 tablespoons olive oil divided
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 0.5 cup walnuts finely chopped

Equipment

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

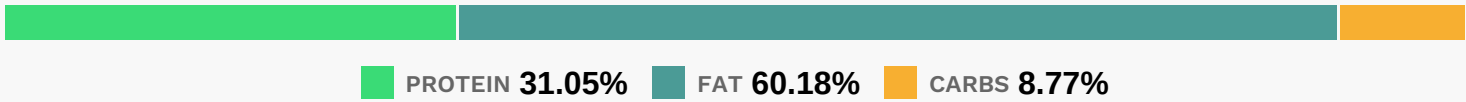
Directions

- ☐ Combine 1/4 cup butter and garlic powder in a small bowl, stirring well; set aside.
- ☐ Combine breadcrumbs and next 5 ingredients in a shallow dish, stirring well.
- ☐ Place each chicken breast between 2 sheets of heavy-duty plastic wrap; flatten to 1/2" thickness using a meat mallet or rolling pin.
- ☐ Brush both sides of chicken with garlic butter; dredge in breadcrumbs.
- ☐ Heat 1 tablespoon butter and 1 tablespoon olive oil in a large skillet over medium heat until butter melts.
- ☐ Add 3 chicken breasts; cook 4 to 6 minutes on each side or until lightly browned and done.
- ☐ Transfer to a serving platter; repeat procedure with remaining chicken, butter, and olive oil.
- ☐ Meanwhile, combine whipping cream and remaining 4 ingredients in a small saucepan; whisk until blended. Bring to a simmer; cook 10 minutes or until mixture thickens slightly and coats the back of a spoon.

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Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:29.501739232436%

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: 697.91kcal (34.9%), Fat: 46.38g (71.35%), Saturated Fat: 14.57g (91.08%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 12.99g (4.72%), Sugar: 2.13g (2.37%), Cholesterol: 189.46mg (63.15%), Sodium: 1012.95mg (44.04%), Alcohol: 0.51g (100%), Alcohol %: 0.2% (100%), Protein: 53.84g (107.68%), Vitamin B3: 24.93mg (124.67%), Selenium: 81.95µg (117.07%), Vitamin B6: 1.83mg (91.68%), Phosphorus: 602.04mg (60.2%), Vitamin B5: 3.49mg (34.87%), Manganese: 0.7mg (34.81%), Potassium: 992.22mg (28.35%), Magnesium: 107.78mg (26.95%), Copper: 0.51mg (25.72%), Vitamin B1: 0.38mg (25.04%), Vitamin B2: 0.4mg (23.68%), Vitamin A: 1163.35IU (23.27%), Iron: 2.9mg (16.13%), Zinc: 2.41mg (16.05%), Vitamin E: 2.02mg (13.47%), Calcium: 134.53mg (13.45%), Folate: 46.1µg (11.52%), Vitamin B12: 0.56µg (9.35%), Fiber: 2.23g (8.91%), Vitamin D: 0.86µg (5.74%), Vitamin K: 5.84µg (5.56%), Vitamin C: 3.13mg (3.79%)