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## Low Fat French ♦

A low-fat version of traditional French cuisine. This recipe focuses on reducing fat content while maintaining the authentic flavors of French dishes.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 60 mins

**Total Time:** 90 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	chicken breast
<b>4 tsp</b>	olive oil
<b>2 cloves</b>	garlic
<b>1 medium</b>	onion
<b>1 c</b>	white wine

<b>2 c</b>	low-sodium chicken broth
<b>2 tbsp</b>	dijon mustard
<b>2 tsp</b>	fresh thyme
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper

## Directions

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### Step 1

Season the chicken breasts with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

Heat olive oil in a large skillet over medium heat. Add the chicken breasts and cook until browned on both sides, about 4-5 minutes per side. Remove the chicken from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

In the same skillet, add the garlic and onion. Cook until softened, about 3 minutes.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 4

Stove

Add the white wine to the skillet and cook until reduced by half, about 5 minutes.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Stove

Stir in the low-sodium chicken broth, Dijon mustard, and fresh thyme. Bring to a simmer.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 6

Stove

Return the chicken breasts to the skillet and simmer until cooked through, about 10-15 minutes.

**Prep Time:** 2 mins

**Cook Time:** 15 mins

## Step 7

Serve the chicken breasts with the sauce spooned over the top. Garnish with fresh thyme leaves, if desired.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 25 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

Slow Cooker

Pressure Cooker

Air Fryer

Food Processor

### Course

Appetizers

### Meal Type

Lunch

Dinner

### Difficulty Level

Easy

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