



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

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

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

Directions

Step 1

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

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

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

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

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

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)
----------	-------	------------------------	--------------------------

Protein	25 g	147.06%	147.06%
---------	------	---------	---------

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

Visit our website: healthdor.com