

Easy Chicken With Cream Cheese Sauce

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chicken-with-cream-cheese-italian-spices>

Ingredients:

- 6 boneless, skinless chicken breasts or thighs
- 1 beaten egg
- 2/3 cup whole wheat flour
- sea salt
- pepper
- 1/2 cup shortening palm, or other oil for frying
- 8 ounces cream cheese softened
- 2 cups chicken broth

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 110 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams
10. TransFat: 2 grams

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