

Asparagus Chicken

 **Gluten Free**

READY IN



150 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 asparagus fresh steamed
- 1 teaspoon tarragon dried
- 1 packet knorr hollandaise sauce mix dry
- 1 cup cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 0.5 cup cooking wine

Equipment

- bowl

oven

grill

Directions

Place chicken in a nonporous glass dish or bowl.

Pour wine over chicken, then sprinkle with tarragon. Cover dish and refrigerate to marinate for 2 hours.

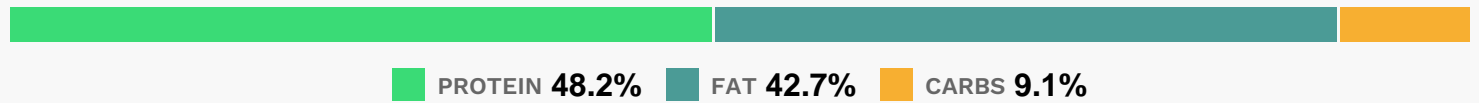
Preheat oven to broil/grill.

Remove chicken from dish or bowl, discarding remaining marinade, and broil/grill for 25 minutes or until cooked through and juices run clear.

Meanwhile, prepare hollandaise sauce according to package directions. When chicken is cooked, place 4 spears of steamed asparagus on each chicken breast and dribble with prepared hollandaise sauce to taste.

Sprinkle with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:19.492608749348%

Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 310.58kcal (15.53%), Fat: 12.64g (19.45%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 4.68g (1.7%), Sugar: 1.53g (1.7%), Cholesterol: 127.89mg (42.63%), Sodium: 519.28mg (22.58%), Alcohol: 3.12g (100%), Alcohol %: 1.63% (100%), Protein: 32.12g (64.23%), Selenium: 45.71µg (65.3%), Vitamin B3: 12.52mg (62.61%), Vitamin B6: 0.95mg (47.62%), Phosphorus: 407.53mg (40.75%), Vitamin K: 27.53µg (26.22%), Calcium: 228.83mg (22.88%), Vitamin B2: 0.34mg (20.08%), Vitamin B5: 1.91mg (19.13%), Potassium: 613.93mg (17.54%), Vitamin A: 821.81IU (16.44%), Zinc: 2.1mg (13.98%), Magnesium: 51mg (12.75%), Iron: 2.11mg (11.7%), Vitamin B1: 0.17mg (11.65%), Folate: 45.4µg (11.35%), Manganese: 0.2mg (9.9%), Vitamin B12: 0.53µg (8.76%), Copper: 0.17mg (8.31%), Vitamin E: 1.15mg (7.67%), Vitamin C: 5.19mg (6.29%), Fiber: 1.38g (5.52%), Vitamin D: 0.28µg (1.88%)