



Braised Chicken with Red Potatoes and Tarragon Broth

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cooking wine dry white
- 2.5 cups less-sodium chicken broth fat-free
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 teaspoon tarragon fresh chopped
- 2 teaspoons olive oil
- 12 ounce potato wedges red cut into 1/2-inch pieces (such as Simply Potatoes)

- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped (2 small)
- 1 pound chicken breast halves boneless skinless cut into bite-sized pieces

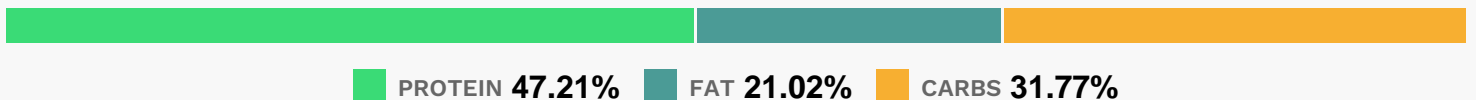
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add shallots to pan; saut 1 minute.
- Add chicken to pan; saut 2 minutes or until browned.
- Add broth, wine, tarragon, salt, and pepper; bring to a boil. Simmer 5 minutes, stirring occasionally.
- Add potatoes; simmer 5 minutes or until potatoes are tender.
- Remove from heat; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:18.811304351558%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 253.47kcal (12.67%), Fat: 5.37g (8.27%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 16.06g (5.84%), Sugar: 3.17g (3.52%), Cholesterol: 72.57mg (24.19%), Sodium: 1023.17mg (44.49%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 27.15g (54.3%), Vitamin B3: 13.74mg (68.7%), Selenium: 40.13µg (57.33%), Vitamin B6: 1.11mg (55.55%), Vitamin K: 37.18µg (35.41%), Phosphorus: 325.77mg (32.58%), Potassium: 964.18mg (27.55%), Vitamin B5: 2.1mg (21.04%), Vitamin C: 13.16mg (15.95%), Manganese: 0.3mg (15.25%), Magnesium: 59.71mg (14.93%), Vitamin B1: 0.17mg (11.19%), Vitamin B2: 0.19mg (10.99%), Iron: 1.87mg (10.38%), Copper: 0.2mg (9.92%), Fiber: 2.21g (8.85%), Vitamin B12: 0.51µg (8.51%), Folate: 32.7µg (8.17%), Zinc: 1.12mg (7.5%), Vitamin A: 230.93IU (4.62%), Calcium: 39.05mg (3.91%), Vitamin E: 0.54mg (3.57%)