



Braised Lemon Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon tarragon fresh minced
- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 teaspoons butter
- ☐ 1 pound round potatoes red quartered
- ☐ 2 medium zucchini sliced
- ☐ 3 pound broiler-fryer

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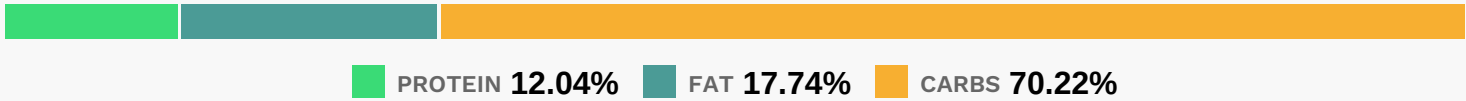
Equipment

☐ frying pan

Directions

- ☐ Coat a large skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken, and cook 2 minutes on each side or until lightly browned.
- ☐ Add potato and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add zucchini and tarragon; cover and simmer 10 additional minutes.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:7.4895652299342%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 86.99kcal (4.35%), Fat: 1.85g (2.85%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.4g (5.24%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 38.6mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin C: 26.96mg (32.68%), Manganese: 0.33mg (16.72%), Potassium: 583.84mg (16.68%), Vitamin B6: 0.29mg (14.3%), Folate: 36.6µg (9.15%), Magnesium: 34.06mg (8.51%), Fiber: 2.11g (8.43%), Phosphorus: 81.08mg (8.11%), Copper: 0.16mg (7.75%), Vitamin B3: 1.43mg (7.14%), Iron: 1.22mg (6.8%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.11mg (6.36%), Vitamin A: 245.89IU (4.92%), Vitamin K: 5.02µg (4.78%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.54mg (3.57%), Calcium: 35.22mg (3.52%), Vitamin E: 0.17mg (1.13%), Selenium: 0.72µg (1.03%)