



## Buttery Tarragon Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups angel hair pasta cooked uncooked ( 8 ounces pasta)
- 0.3 teaspoon tarragon dried
- 1 tablespoon parsley fresh minced
- 0.1 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 2 tablespoons yogurt (such as Brummel & Brown)

### Equipment

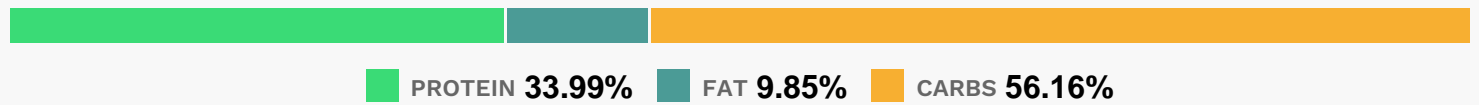
- bowl

frying pan

## Directions

- Place a large nonstick skillet over medium– high heat until hot. Coat both sides of chicken with cooking spray. Cook chicken 5 minutes on each side or until done.
- Combine spread and next 3 ingredients in a small bowl.
- Place chicken on a serving platter; top evenly with spread mixture.
- Serve immediately over pasta.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:22.65, Inflammation Score:-5, Nutrition Score:19.323478265949%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 414.35kcal (20.72%), Fat: 4.41g (6.79%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 56.59g (18.86%), Net Carbohydrates: 54.15g (19.69%), Sugar: 2.48g (2.75%), Cholesterol: 73.87mg (24.62%), Sodium: 213.95mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.52%), Selenium: 83.91µg (119.88%), Vitamin B3: 13.13mg (65.67%), Vitamin B6: 0.96mg (48.15%), Phosphorus: 390.36mg (39.04%), Manganese: 0.72mg (35.85%), Vitamin B5: 1.98mg (19.82%), Magnesium: 71.37mg (17.84%), Potassium: 611.65mg (17.48%), Vitamin K: 16.72µg (15.93%), Copper: 0.25mg (12.53%), Zinc: 1.79mg (11.93%), Vitamin B2: 0.18mg (10.31%), Fiber: 2.44g (9.77%), Vitamin B1: 0.14mg (9.61%), Iron: 1.5mg (8.35%), Folate: 20.6µg (5.15%), Vitamin B12: 0.26µg (4.4%), Calcium: 36.37mg (3.64%), Vitamin C: 2.8mg (3.4%), Vitamin A: 133.41IU (2.67%), Vitamin E: 0.31mg (2.08%)