



Chicken Cutlets with Tarragon-Mushroom Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided
- ☐ 2 teaspoons butter divided
- ☐ 0.5 carrots cut into 1-inch pieces
- ☐ 0.5 celery stalk cut into 1-inch pieces
- ☐ 2 cups chicken stock see unsalted
- ☐ 2.5 teaspoons cornstarch
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 cup mushrooms quartered
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 onion halved
- ☐ 0.5 cup pearl onions frozen
- ☐ 4 servings quinoa with toasted pine nuts
- ☐ 4 servings snap pea and radish sauté
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon water

Equipment

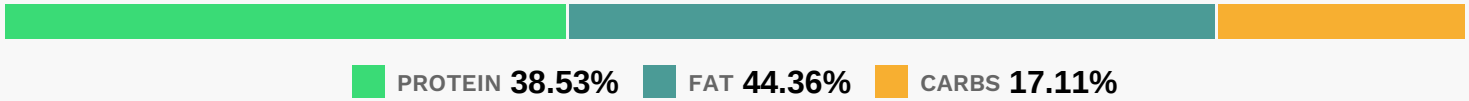
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Place first 6 ingredients in a saucepan; bring to a boil. Cook 6 minutes or until reduced to 1 1/4 cups.
- ☐ Remove solids with a slotted spoon; discard.
- ☐ Cut chicken breast halves in half horizontally to form 8 cutlets.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place flour in a shallow dish; dredge chicken in flour.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil and 1 teaspoon butter to pan; swirl until butter melts.
- ☐ Add 4 cutlets to pan; cook 2 minutes on each side or until golden.

- ☐
- Remove from pan; keep warm. Repeat procedure with remaining 1 tablespoon oil, 1 teaspoon butter, and 4 cutlets.
- ☐
- Return skillet to medium-high heat.
- ☐
- Add mushrooms and onions; cook 5 minutes or until browned, stirring occasionally.
- ☐
- Add stock mixture; bring to a boil, scraping pan to loosen browned bits.
- ☐
- Combine 1 tablespoon water and cornstarch in a small bowl. Stir cornstarch mixture into stock mixture; cook 1 minute or until sauce thickens. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and tarragon. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:113.46, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:29.547391259152%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 448.77kcal (22.44%), Fat: 22.1g (34.01%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.43g (5.98%), Sugar: 5.75g (6.39%), Cholesterol: 117.84mg (39.28%), Sodium: 708.63mg (30.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.2g (86.39%), Vitamin B3: 21.71mg (108.54%), Selenium: 62.08µg (88.68%), Vitamin B6: 1.53mg (76.63%), Manganese: 1.24mg (62.06%), Phosphorus: 506.59mg (50.66%), Potassium: 1171.53mg (33.47%), Vitamin B5: 3.01mg (30.12%), Vitamin A: 1477.35IU (29.55%), Vitamin B2: 0.48mg (28.35%), Magnesium: 94.79mg (23.7%), Copper: 0.39mg (19.65%), Vitamin B1: 0.29mg (19.07%), Vitamin C: 15.73mg (19.07%), Vitamin E: 2.43mg (16.17%), Iron: 2.77mg (15.41%), Zinc: 2.29mg (15.28%), Folate: 58.61µg (14.65%), Vitamin K: 12.85µg (12.24%), Fiber: 2.76g (11.03%), Calcium: 64.46mg (6.45%), Vitamin B12: 0.35µg (5.9%), Vitamin D: 0.22µg (1.45%)