



Chicken Dip with Tarragon



Gluten Free



Dairy Free



Low Fod Map

READY IN



4 min.

SERVINGS



64

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4.5 ounce chicken breast in water dry chunk pressed drained canned
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.1 teaspoon salt

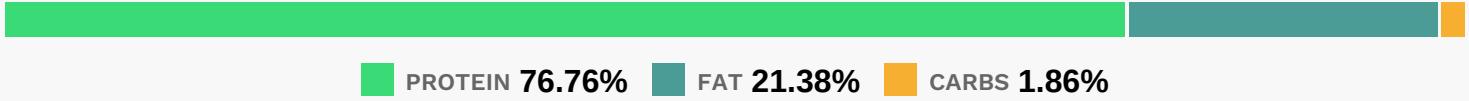
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a medium bowl; stir until well blended.

Nutrition Facts



Properties

Glycemic Index:1.59, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:0.19826086723934%

Nutrients (% of daily need)

Calories: 2.33kcal (0.12%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 0.01g (0%), Net Carbohydrates: 0.01g (0%), Sugar: 0g (0%), Cholesterol: 1.28mg (0.43%), Sodium: 6.86mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin B3: 0.21mg (1.05%)