



Chicken In a Tarragon Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



644 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1.8 cups cooking wine dry white
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 cloves garlic crushed
- ☐ 4 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 4 servings salt to taste
- ☐ 1 tablespoon cup heavy whipping cream sour

- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 3 pound meat from a rotisserie chicken whole cut into parts

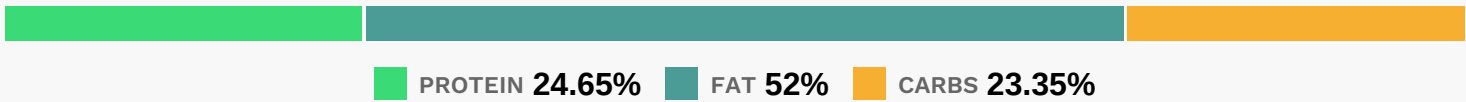
Equipment

- ☐ frying pan

Directions

- ☐ Coat the chicken pieces in flour.
- ☐ Heat the oil in a large saute pan. Brown chicken on all sides in the oil, and remove from pan.
- ☐ To the oil remaining in the pan, add the onion. Fry lightly for 2 minutes, then add the garlic. Deglaze pan by stirring in the wine, which should lift off the residue of the flour from the bottom of the pan.
- ☐ Add the tarragon, and salt and pepper to taste. Return the chicken to the pan. Cook over low heat for about 45 minutes, or until the chicken is well done.
- ☐ When ready to serve, thicken the sauce with a cornstarch and water mixture; often this is not necessary as the initial flour coating thickens it naturally. Stir in the sour cream.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:18.98, Inflammation Score:-7, Nutrition Score:18.992173868677%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 644.37kcal (32.22%), Fat: 32.45g (49.92%), Saturated Fat: 8.47g (52.97%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 31.27g (11.37%), Sugar: 2.38g (2.65%), Cholesterol: 124.24mg (41.41%), Sodium: 318.41mg (13.84%), Alcohol: 10.81g (100%), Alcohol %: 3.83% (100%), Protein: 34.61g (69.21%), Vitamin B3: 13.27mg (66.36%), Selenium: 34.92µg (49.88%), Vitamin B6: 0.74mg (37.12%), Phosphorus: 312.28mg (31.23%), Manganese: 0.59mg (29.71%), Vitamin B1: 0.37mg (24.72%), Vitamin B2: 0.4mg (23.8%), Iron: 3.89mg (21.6%), Folate: 78.32µg (19.58%), Zinc: 2.64mg (17.6%), Vitamin B5: 1.73mg (17.29%), Vitamin K: 15.83µg (15.07%), Magnesium: 60.1mg (15.03%), Potassium: 523.81mg (14.97%), Vitamin B12: 0.51µg (8.54%), Copper: 0.16mg (8.11%), Vitamin C: 6.25mg (7.58%), Vitamin E: 1.08mg (7.23%), Calcium: 66.51mg (6.65%), Vitamin A: 322.1IU (6.44%), Fiber: 1.53g (6.13%), Vitamin D: 0.33µg (2.18%)