



## Chicken in Tomato Herb Cream

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 tablespoons butter
- 1 pinch cayenne pepper to taste
- 2 teaspoons tarragon fresh chopped
- 4 servings salt and ground pepper black to taste
- 1 cup heavy whipping cream
- 1.5 teaspoons juice of lemon
- 1 shallots minced
- 1 pound chicken breast halves boneless skinless cut into chunks

- 1 cup tomatoes chopped
- 0.5 cup white wine

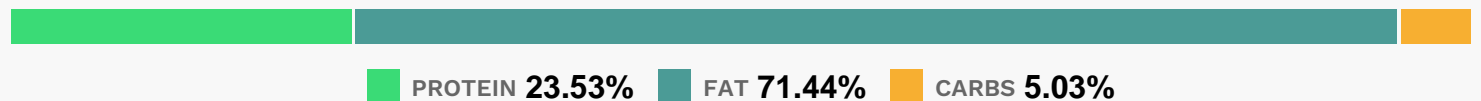
## Equipment

- bowl
- frying pan
- whisk
- wooden spoon

## Directions

- Whisk flour, salt, black pepper, and cayenne pepper together in a shallow bowl. Gently press chicken pieces into flour mixture to coat and shake off any excess flour.
- Heat butter in a skillet over medium-high heat. Cook and stir chicken and shallot in melted butter until shallot is softened and chicken is cooked through, 5 to 10 minutes.
- Pour white wine into the skillet and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- Stir tomatoes and lemon juice into chicken mixture; simmer for 2 minutes, pour in cream. Bring mixture to a boil and cook to reduce liquid to a thicker consistency, 5 to 10 minutes more.
- Remove skillet from heat and stir in tarragon.

## Nutrition Facts



## Properties

Glycemic Index:66.75, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:16.354782581329%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg

Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## **Nutrients (% of daily need)**

Calories: 471.45kcal (23.57%), Fat: 35.94g (55.29%), Saturated Fat: 21.56g (134.73%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.56g (3.95%), Cholesterol: 169.91mg (56.64%), Sodium: 242.41mg (10.54%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 26.64g (53.27%), Vitamin B3: 12.23mg (61.16%), Selenium: 38.37µg (54.81%), Vitamin B6: 0.96mg (48.14%), Vitamin A: 1622.13IU (32.44%), Phosphorus: 297.61mg (29.76%), Vitamin B5: 1.85mg (18.52%), Potassium: 643.88mg (18.4%), Vitamin B2: 0.26mg (15.11%), Magnesium: 46.13mg (11.53%), Vitamin C: 8.57mg (10.38%), Manganese: 0.21mg (10.33%), Vitamin E: 1.3mg (8.68%), Vitamin B1: 0.11mg (7.16%), Vitamin D: 1.07µg (7.1%), Calcium: 69.02mg (6.9%), Zinc: 0.98mg (6.53%), Vitamin K: 6.41µg (6.1%), Iron: 1.07mg (5.97%), Vitamin B12: 0.35µg (5.76%), Folate: 18.51µg (4.63%), Copper: 0.07mg (3.72%), Fiber: 0.76g (3.03%)