



Chicken in Tomato Herb Cream

READY IN



30 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 1 pinch cayenne pepper to taste
- 0.5 cup flour all-purpose or as needed
- 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

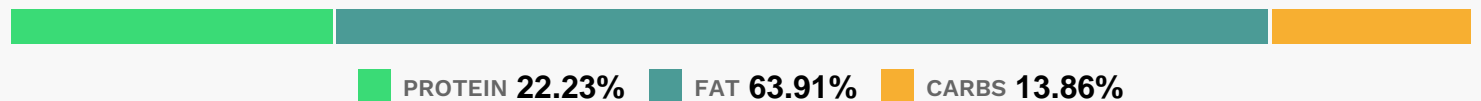
Equipment

- 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:85.5, Glycemic Load:9.7, Inflammation Score:-8, Nutrition Score:18.50043479256%

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: 528.33kcal (26.42%), Fat: 36.09g (55.52%), Saturated Fat: 21.58g (134.88%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.43g (5.97%), Sugar: 3.6g (4%), Cholesterol: 169.91mg (56.64%), Sodium: 242.72mg (10.55%), Alcohol: 3.09g (100%), Alcohol %: 1.4% (100%), Protein: 28.25g (56.5%), Vitamin B3: 13.15mg (65.77%), Selenium: 43.67µg (62.38%), Vitamin B6: 0.97mg (48.49%), Vitamin A: 1622.13IU (32.44%), Phosphorus: 314.48mg (31.45%), Vitamin B2: 0.33mg (19.65%), Vitamin B5: 1.92mg (19.2%), Potassium: 660.6mg (18.87%), Manganese: 0.31mg (15.66%), Vitamin B1: 0.23mg (15.33%), Magnesium: 49.57mg (12.39%), Folate: 47.1µg (11.78%), Vitamin C: 8.57mg (10.38%), Iron: 1.8mg (10%), Vitamin E: 1.31mg (8.75%), Zinc: 1.09mg (7.26%), Calcium: 71.36mg (7.14%), Vitamin D: 1.07µg (7.1%), Vitamin K: 6.45µg (6.15%), Vitamin B12: 0.35µg (5.76%), Copper: 0.1mg (4.84%), Fiber: 1.18g (4.72%)