



Chicken with Béarnaise Sauce

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon tarragon dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 servings spread such as Brummel & Brown
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons yogurt-based

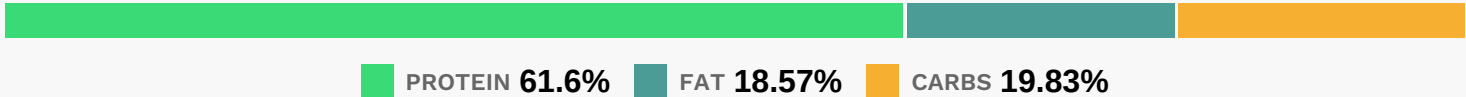
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a large nonstick skillet; bring to a boil over medium-high heat. Boil 3 minutes or until liquid is absorbed.
- ☐ Remove from pan, and cool.
- ☐ . Coat chicken with cooking spray.
- ☐ Sprinkle both sides of chicken with pepper and 1/8 teaspoon salt.
- ☐ Heat pan over medium-high heat; add chicken, and cook 6 minutes on each side or until done.
- ☐ Combine onion mixture, yogurt-based spread, and remaining 1/8 teaspoon salt; spoon over chicken.
- ☐ Let stand 1 minute before serving.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:5.7, Inflammation Score:-4, Nutrition Score:17.293043325777%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 270kcal (13.5%), Fat: 4.94g (7.6%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.56g (4.2%), Sugar: 7.99g (8.88%), Cholesterol: 110.81mg (36.94%), Sodium: 355.99mg (15.48%), Alcohol: 3.09g (100%), Alcohol %: 1.67% (100%), Protein: 36.86g (73.72%), Vitamin B3: 17.83mg (89.15%), Selenium:

55.12µg (78.74%), Vitamin B6: 1.31mg (65.6%), Phosphorus: 382.34mg (38.23%), Vitamin B5: 2.51mg (25.06%), Potassium: 705.01mg (20.14%), Magnesium: 51.6mg (12.9%), Vitamin B2: 0.21mg (12.54%), Vitamin B1: 0.12mg (8.02%), Zinc: 1.14mg (7.63%), Vitamin B12: 0.4µg (6.59%), Manganese: 0.12mg (5.97%), Iron: 0.93mg (5.17%), Vitamin C: 3.91mg (4.73%), Calcium: 38.22mg (3.82%), Copper: 0.07mg (3.44%), Folate: 11.69µg (2.92%), Vitamin E: 0.35mg (2.34%), Vitamin A: 82.41IU (1.65%), Vitamin D: 0.19µg (1.23%), Fiber: 0.3g (1.19%)