



Chicken with Creamy Tarragon-Mustard Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 2 tablespoons green onions finely chopped
- ☐ 2 tablespoons mayonnaise light
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 24 ounce chicken breast halves boneless skinless

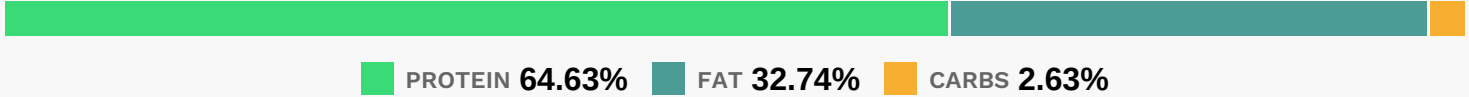
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well with a whisk.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook 3 minutes; turn and reduce heat to medium-low. Cover and cook 12 minutes or until chicken is done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Remove pan from heat.
- ☐ Add mustard mixture to drippings in pan; stir well. Spoon mustard sauce over chicken, and top with green onions.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:17.380869367848%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 8.23g (12.66%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.46g (0.51%), Cholesterol: 109.98mg (36.66%), Sodium: 338.34mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Vitamin B3: 17.81mg (89.07%), Selenium: 57.19µg (81.7%), Vitamin B6: 1.28mg (64.24%), Phosphorus: 368.12mg (36.81%), Vitamin B5: 2.45mg (24.55%), Potassium: 657.05mg (18.77%), Magnesium: 49.15mg (12.29%), Vitamin K: 11.64µg (11.08%), Vitamin B2: 0.18mg (10.55%), Vitamin B1: 0.13mg (8.4%), Zinc: 1.06mg (7.05%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.81mg (5.41%), Iron:

0.86mg (4.76%), Vitamin C: 3.26mg (3.95%), Manganese: 0.07mg (3.62%), Copper: 0.06mg (2.83%), Folate:
10.06µg (2.51%), Vitamin A: 97.35IU (1.95%), Calcium: 17.52mg (1.75%), Fiber: 0.42g (1.67%), Vitamin D: 0.17µg (1.13%)