



Chicken with Dijon-Tarragon Cream Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz fettuccine barilla uncooked
- 1 tablespoon butter
- 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 0.8 cup cream sour
- 0.5 cup milk
- 2 tablespoons dijon mustard
- 1 tablespoon tarragon dried fresh chopped
- 2 tablespoons parsley fresh chopped

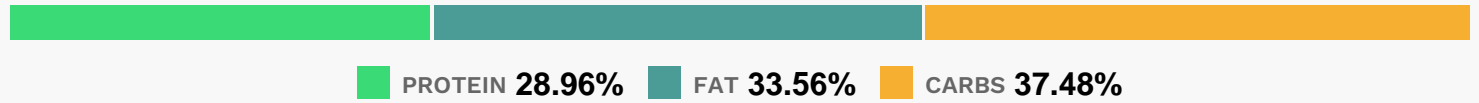
Equipment

- bowl
- frying pan

Directions

- Cook and drain fettuccine as directed on package.
- Meanwhile, in 10-inch skillet, melt butter over medium heat.
- Add chicken; cook 8 to 10 minutes, stirring frequently, until no longer pink in center.
- In small bowl, mix sour cream, milk and mustard until smooth. Stir in tarragon.
- Pour into skillet with chicken. Cook about 5 minutes, stirring frequently, until thoroughly heated.
- Serve chicken mixture over fettuccine; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:18.07, Inflammation Score:-7, Nutrition Score:23.520869731903%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 486.31kcal (24.32%), Fat: 18.01g (27.71%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 42.88g (15.59%), Sugar: 4.13g (4.59%), Cholesterol: 149.31mg (49.77%), Sodium: 286.12mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.93%), Selenium: 85.77µg (122.53%), Vitamin B3: 13.32mg (66.58%), Vitamin B6: 1.06mg (52.88%), Phosphorus: 453.9mg (45.39%), Manganese: 0.68mg (34.08%), Vitamin K: 34.16µg (32.53%), Vitamin B5: 2.43mg (24.25%), Potassium: 734.22mg (20.98%), Magnesium: 81.12mg (20.28%), Vitamin B2: 0.31mg (18.27%), Vitamin A: 759.75IU (15.2%), Vitamin B1: 0.22mg (14.35%), Zinc: 2.15mg (14.34%), Calcium: 135.05mg (13.51%), Iron: 2.34mg (12.98%), Copper: 0.23mg (11.37%), Vitamin B12: 0.65µg

(10.83%), Fiber: 2.39g (9.56%), Folate: 31.96µg (7.99%), Vitamin C: 5.32mg (6.45%), Vitamin E: 0.75mg (5.03%),
Vitamin D: 0.62µg (4.13%)