



Chicken with Red Wine and Tarragon

READY IN



30 min.

SERVINGS



6

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 tablespoons butter cut into bits
- 15 ounce canned tomatoes diced chunky style crushed canned
- 1 carrots chopped fine
- 6 servings salt and pepper
- 12 crimini mushrooms sliced chopped (baby portobello)
- 1.3 cups wine dry red such as burgundy, eyeball it, 1/4 bottle good
- 1 Handful flat parsley chopped
- 1 Handful flat parsley chopped

- 2 sprigs tarragon fresh chopped
- 4 sprigs tarragon fresh chopped
- 2 tablespoon olive oil extra virgin extra-virgin
- 6 servings pepper black freshly ground
- 2 shallots chopped
- 1 teaspoon sugar
- 0.8 pound extra wide egg noodles
- 2.3 pounds chicken breast boneless skinless cut into chunks

Equipment

- bowl
- frying pan
- pot
- stove

Directions

- Bring a large pot of salted water to a boil for the noodles.
- Season chicken generously with salt and pepper. In a large skillet over medium high heat brown pieces of chicken in oil for 2 or 3 minutes on each side and remove to a plate.
- Return pan to stove and reduce heat to medium.
- Add butter to the pan and shallots, carrots and mushrooms.
- Saute 3 to 5 minutes until mushrooms darken and carrot bits are fork tender.
- Add sugar, tarragon and parsley and stir.
- Add wine and reduce liquid for 2 minutes.
- Add tomatoes to your sauce and stir to combine.
- Add chicken back to the pan and simmer chicken in sauce for 6 minutes or until chicken is cooked through and juices run clear.
- Meanwhile, cook the noodles until just tender, about 6 minutes.

Drain and transfer to a serving bowl. Toss the noodles with butter, tarragon, parsley, and season with salt and pepper.

Serve chicken with buttered egg noodles tossed with fresh herbs.

Nutrition Facts

PROTEIN 32.75% **FAT 30.57%** **CARBS 36.68%**

Properties

Glycemic Index:94.15, Glycemic Load:20.16, Inflammation Score:-9, Nutrition Score:33.283913125163%

Flavonoids

Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 614.92kcal (30.75%), Fat: 19.59g (30.14%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 48.65g (17.69%), Sugar: 6.69g (7.44%), Cholesterol: 176.56mg (58.85%), Sodium: 569.1mg (24.74%), Alcohol: 5.6g (100%), Alcohol %: 1.66% (100%), Protein: 47.23g (94.45%), Selenium: 110.24µg (157.48%), Vitamin B3: 21.64mg (108.18%), Vitamin B6: 1.64mg (81.98%), Phosphorus: 582.52mg (58.25%), Vitamin A: 2367.44IU (47.35%), Manganese: 0.91mg (45.52%), Vitamin B5: 3.81mg (38.07%), Potassium: 1286.39mg (36.75%), Vitamin K: 31.28µg (29.79%), Vitamin B2: 0.49mg (29.01%), Copper: 0.57mg (28.65%), Magnesium: 105.82mg (26.46%), Vitamin B1: 0.31mg (20.99%), Iron: 3.69mg (20.48%), Zinc: 2.87mg (19.11%), Fiber: 4.23g (16.91%), Vitamin E: 2.39mg (15.95%), Vitamin C: 12.6mg (15.27%), Folate: 55.03µg (13.76%), Calcium: 93.56mg (9.36%), Vitamin B12: 0.56µg (9.34%), Vitamin D: 0.38µg (2.53%)