



Chicken with Tarragon-Caper Sauce with Mixed Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons capers drained
- ☐ 4 chicken breast halves boneless
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 4 ounces the salad
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup roasted peppers red thinly sliced

- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons citrus champagne vinegar

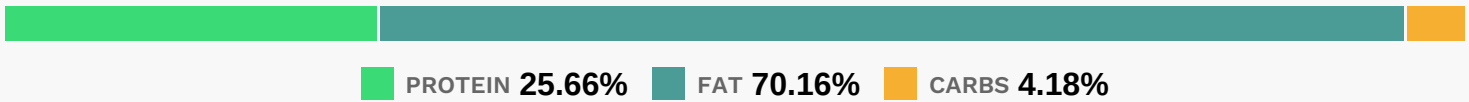
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together mayonnaise, white wine vinegar, shallots, tarragon, and capers in small bowl. Season sauce to taste with salt and pepper.
- ☐ Season chicken breasts to taste with salt and pepper. Toss mesclun in bowl with olive oil.
- ☐ Sprinkle with salt. Divide mesclun among 4 plates. Slice chicken breasts and fan atop salads.
- ☐ Drizzle tarragon-caper sauce over chicken.
- ☐ Garnish with red pepper slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:17.818260892578%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 403.25kcal (20.16%), Fat: 31.2g (48%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.56g (1.29%), Sugar: 0.57g (0.63%), Cholesterol: 84.08mg (28.03%), Sodium: 522.62mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Vitamin B3: 12.33mg (61.66%), Selenium: 37.19µg (53.13%), Vitamin B6: 0.99mg (49.46%), Vitamin K: 50.86µg (48.44%), Phosphorus: 270.84mg (27.08%), Manganese: 0.37mg (18.69%), Potassium: 611.83mg (17.48%), Vitamin C: 14.32mg (17.36%), Vitamin B5: 1.71mg (17.11%), Vitamin E: 2.17mg (14.46%), Magnesium: 48.23mg (12.06%), Vitamin A: 570.99IU (11.42%), Iron: 2.04mg

(11.33%), Vitamin B2: 0.19mg (11.01%), Folate: 29.79µg (7.45%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.94mg (6.27%), Calcium: 58.6mg (5.86%), Copper: 0.1mg (5.07%), Vitamin B12: 0.26µg (4.33%), Fiber: 0.62g (2.48%), Vitamin D: 0.17µg (1.13%)