



Chicken with tarragon, garlic & olives

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast
- ☐ 1 knob butter
- ☐ 85 g bacon smoked cut into small chunks
- ☐ 4 garlic clove roughly chopped
- ☐ 1 lemon zest grated
- ☐ 300 ml wine dry white
- ☐ 300 ml chicken stock see
- ☐ 20 olives mixed

☐ 1 small handful tarragon

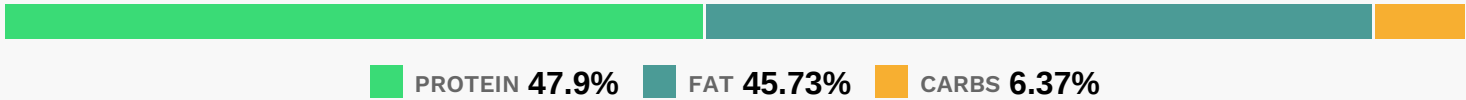
Equipment

☐ frying pan

Directions

- ☐ Season the chicken with plenty of ground black pepper, and salt if you want.
- ☐ Heat the butter in a saut pan and brown the chicken over a medium heat.
- ☐ Remove the chicken from the pan, then add the bacon with the garlic and cook gently for about 2 mins until just golden. Turn up the heat, add the lemon zest and white wine, then simmer rapidly for a few mins.
- ☐ Reduce the heat, add the stock, olives and half the tarragon. Return the chicken to the pan and simmer gently for about 30 mins until the chicken is cooked through and tender, and the wine stock has reduced.
- ☐ Garnish with extra tarragon and serve with crusty mustard potatoes, below, and plenty of fresh bread to mop up the delicious pan juices.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:24.048261041227%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 508.58kcal (25.43%), Fat: 22.56g (34.7%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.16g (2.24%), Sugar: 2.14g (2.37%), Cholesterol: 172.24mg (57.41%), Sodium: 861.95mg

(37.48%), Alcohol: 7.84g (100%), Alcohol %: 2.31% (100%), Protein: 53.15g (106.31%), Vitamin B3: 25.81mg (129.05%), Selenium: 79.02µg (112.89%), Vitamin B6: 1.89mg (94.29%), Phosphorus: 547.05mg (54.7%), Vitamin B5: 3.41mg (34.06%), Potassium: 1043.82mg (29.82%), Vitamin B2: 0.33mg (19.43%), Magnesium: 76.11mg (19.03%), Vitamin B1: 0.25mg (16.38%), Zinc: 1.82mg (12.14%), Manganese: 0.2mg (9.77%), Vitamin E: 1.43mg (9.56%), Vitamin B12: 0.57µg (9.45%), Iron: 1.53mg (8.51%), Copper: 0.15mg (7.51%), Vitamin C: 5.86mg (7.1%), Vitamin A: 299.26IU (5.99%), Calcium: 43.44mg (4.34%), Folate: 15.33µg (3.83%), Fiber: 0.9g (3.6%), Vitamin D: 0.31µg (2.07%), Vitamin K: 1.61µg (1.53%)