



Chicken with Tarragon Vinegar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2 chicken breast halves with skin and bone
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 1 cup low-salt chicken broth canned
- ☐ 3 shallots chopped
- ☐ 0.5 cup tarragon vinegar

Equipment

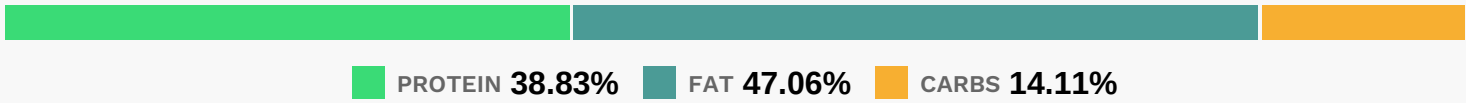
- ☐ frying pan

☐ tongs

Directions

- ☐ Melt butter in heavy medium skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add to skillet and cook until golden, about 4 minutes per side.
- ☐ Transfer chicken to plate.
- ☐ Add shallots to skillet and sauté 30 seconds.
- ☐ Add vinegar; boil until reduced to glaze, about 2 minutes. Stir in broth. Return chicken, skin side up, to skillet. Reduce heat to medium-low, cover and simmer until cooked through, about 12 minutes. Using tongs, transfer chicken to 2 plates.
- ☐ Add tarragon to liquid in skillet. Increase heat to medium-high; boil uncovered until liquid is slightly reduced, about 2 minutes. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:3.12, Inflammation Score:-6, Nutrition Score:17.513043439907%

Nutrients (% of daily need)

Calories: 302.04kcal (15.1%), Fat: 15.41g (23.7%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.8g (3.2%), Sugar: 3.14g (3.49%), Cholesterol: 102.42mg (34.14%), Sodium: 265.53mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.2%), Vitamin B3: 13.95mg (69.77%), Vitamin B6: 1.11mg (55.72%), Selenium: 37.3µg (53.29%), Phosphorus: 317.54mg (31.75%), Manganese: 0.58mg (28.99%), Potassium: 808.02mg (23.09%), Vitamin B5: 1.73mg (17.34%), Iron: 2.83mg (15.74%), Magnesium: 57.57mg (14.39%), Vitamin B2: 0.23mg (13.59%), Vitamin A: 605.76IU (12.12%), Calcium: 91.23mg (9.12%), Vitamin C: 6.98mg (8.46%), Copper: 0.16mg (8.15%), Folate: 32.08µg (8.02%), Zinc: 1.15mg (7.65%), Vitamin B1: 0.11mg (7.25%), Fiber: 1.59g (6.35%), Vitamin B12: 0.37µg (6.13%), Vitamin E: 0.55mg (3.7%), Vitamin K: 1.51µg (1.43%)