



# Chicken with White Wine Tarragon Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tbsp butter
- 1 pkg mushrooms fresh sliced
- 1 pkg mushrooms fresh sliced
- 1 large onion sliced
- 4 servings garlic fresh to taste (dash)
- 6 chicken breast boneless skinless
- 3 tbsp wine

- 1 Dash worcestershire sauce
- 3 c cream sour
- 1 Dash tarragon

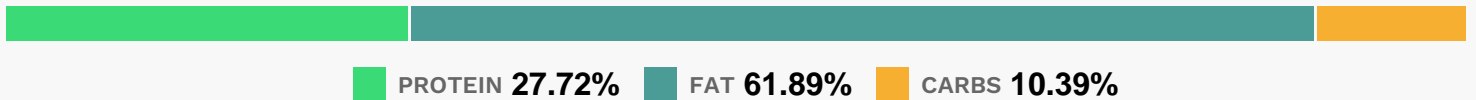
## Equipment

- frying pan

## Directions

- In large skillet saute onions, mushrooms, and garlic until lightly brown; add chicken breast and cook on medium high for 10 minutes or until chicken is done.
- Remove chicken and place on a platter.
- Add white wine and cook until alcohol has burned off, about 2 minutes.
- Add Worchestershire sauce and sour cream and stir until combined.
- Pour sauce over chicken, sprinkle with tarragon and serve.
- Excellent with biscuits, pasta or rice.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:29.416956521739%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

## Taste

Sweetness: 19.26%, Saltiness: 100%, Sourness: 19.03%, Bitterness: 24.21%, Savoriness: 74.57%, Fattiness: 81.09%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 640.17kcal (32.01%), Fat: 44.07g (67.8%), Saturated Fat: 22.11g (138.2%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 14.79g (5.38%), Sugar: 9.88g (10.97%), Cholesterol: 225.52mg (75.17%), Sodium: 307.38mg (13.36%), Alcohol: 1.16g (6.44%), Protein: 44.41g (88.83%), Vitamin B3: 22.02mg (110.11%), Selenium: 71.84µg (102.63%), Vitamin B6: 1.55mg (77.59%), Phosphorus: 604.36mg (60.44%), Vitamin B2: 0.93mg (54.99%), Vitamin B5: 4.76mg (47.63%), Potassium: 1288.14mg (36.8%), Vitamin A: 1314.67IU (26.29%), Copper: 0.46mg (23.12%), Calcium: 205.98mg (20.6%), Magnesium: 78.16mg (19.54%), Vitamin B1: 0.26mg (17.3%), Zinc: 2.27mg (15.12%), Vitamin B12: 0.76µg (12.64%), Vitamin C: 9.83mg (11.91%), Manganese: 0.23mg (11.46%), Folate: 44.59µg (11.15%), Iron: 1.57mg (8.71%), Vitamin E: 1.16mg (7.76%), Fiber: 1.85g (7.4%), Vitamin K: 3.67µg (3.5%), Vitamin D: 0.4µg (2.64%)