



Chicken with Wine and Tarragon

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter cut into 4 pieces
- 3 pounds meat from a rotisserie chicken quartered
- 2 teaspoons tarragon dried
- 3 tablespoons cooking wine dry white dry
- 4 servings fresh-ground pepper black
- 1 tablespoon olive oil
- 4 servings salt
- 0.3 cup water

Equipment

- bowl
- oven
- roasting pan
- broiler

Directions

- Heat the oven to 375°F.
- In a small glass or stainless-steel bowl, combine 2 tablespoons of the wine and 1/2 teaspoon of the dried tarragon. Set aside.
- Coat the chicken with the olive oil and arrange the pieces, skin-side up, in a large roasting pan.
- Sprinkle the chicken pieces with the remaining 1 tablespoon wine and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Top each piece of chicken with a piece of the butter.
- Cook the chicken for 15 minutes and then sprinkle with the remaining 1 1/2 teaspoons tarragon. Baste the chicken and cook until the breasts are just done, about 20 minutes longer.
- Remove the breasts and cook the legs until done, about 5 minutes longer.
- Remove the roasting pan from the oven; return the breasts to the pan.
- Heat the broiler. Baste the chicken and then broil until the skin is golden brown, about 2 minutes.
- Transfer the chicken to a plate.
- Pour off the fat from the roasting pan. Set the pan over moderate heat and add the reserved wine-and-tarragon mixture and the water. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 3 tablespoons, about 3 minutes.
- Add any accumulated juices from the chicken and a pinch each of salt and pepper. Spoon the sauce over the chicken.
- Wine Recommendation: A full-bodied, rustic red wine from the south of France is a perfect choice for this traditional French dish. A Gigondas, Ctes-du-Rhne, or Crozes-Hermitage, each from the Rhne Valley, would be a good choice.

Nutrition Facts

PROTEIN 30.26% FAT 68.89% CARBS 0.85%

Properties

Glycemic Index:41.75, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:11.946086941854%

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

Nutrients (% of daily need)

Calories: 419.54kcal (20.98%), Fat: 31.01g (47.7%), Saturated Fat: 9.34g (58.38%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.11g (0.12%), Cholesterol: 129.99mg (43.33%), Sodium: 332.61mg (14.46%), Alcohol: 1.16g (100%), Alcohol %: 0.74% (100%), Protein: 30.65g (61.3%), Vitamin B3: 11.21mg (56.05%), Selenium: 23.61µg (33.73%), Vitamin B6: 0.6mg (30.08%), Phosphorus: 246.19mg (24.62%), Vitamin B5: 1.5mg (14.96%), Zinc: 2.2mg (14.65%), Vitamin B2: 0.21mg (12.49%), Iron: 1.85mg (10.3%), Potassium: 349.06mg (9.97%), Magnesium: 37.65mg (9.41%), Vitamin B12: 0.51µg (8.54%), Vitamin E: 1.08mg (7.17%), Vitamin A: 358.62IU (7.17%), Manganese: 0.14mg (6.86%), Vitamin B1: 0.1mg (6.76%), Vitamin K: 5.01µg (4.77%), Copper: 0.09mg (4.47%), Vitamin C: 3.11mg (3.77%), Calcium: 32.25mg (3.22%), Folate: 12.77µg (3.19%), Vitamin D: 0.33µg (2.18%)