



Creamy Mustard and Tarragon Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion red finely chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 20 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons cup heavy whipping cream sour

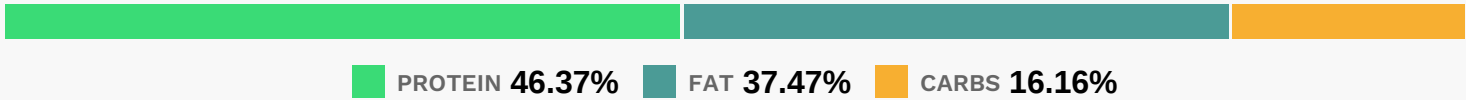
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Place the flour in a shallow dish and season lightly with salt and pepper.
- ☐ Heat the olive oil and butter in a large skillet over medium-high heat. Season the chicken breasts with salt and pepper and dredge each in the flour.
- ☐ Cook the chicken in the hot oil and butter until golden, about 3 minutes. Flip chicken and brown on the other side, 3 additional minutes.
- ☐ Remove chicken from skillet and tent with foil.
- ☐ Reduce heat to medium. Stir the red onion into the oil and butter that remains in the skillet. Cook until softened, 2 to 3 minutes.
- ☐ Pour the chicken broth into the pan, and simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Pour in the wine and bring back to a simmer. Cook the sauce until reduced by half, about 3 minutes. Return chicken to the pan along with any juices that have accumulated. Simmer chicken in the sauce until it is cooked through and no longer pink in the center, 3 to 4 minutes.
- ☐ Transfer chicken to a warmed platter.
- ☐ Whisk the mustard and sour cream into the sauce; stir in the tarragon. Spoon sauce over chicken to serve.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:6.61, Inflammation Score:-5, Nutrition Score:17.420000166997%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 308.19kcal (15.41%), Fat: 11.72g (18.03%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.63g (3.87%), Sugar: 1.04g (1.15%), Cholesterol: 101.78mg (33.93%), Sodium: 435.95mg (18.95%), Alcohol: 3.09g (100%), Alcohol %: 1.63% (100%), Protein: 32.62g (65.25%), Vitamin B3: 16.03mg (80.16%), Selenium: 50.58µg (72.26%), Vitamin B6: 1.14mg (57.18%), Phosphorus: 341mg (34.1%), Vitamin B5: 2.13mg (21.27%), Potassium: 663.77mg (18.96%), Manganese: 0.3mg (14.83%), Vitamin B2: 0.25mg (14.5%), Magnesium: 51.99mg (13%), Vitamin B1: 0.19mg (12.76%), Iron: 1.82mg (10.13%), Folate: 32.45µg (8.11%), Zinc: 1.09mg (7.29%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.33µg (5.53%), Vitamin A: 243.73IU (4.87%), Copper: 0.09mg (4.46%), Calcium: 44.18mg (4.42%), Vitamin C: 3.38mg (4.1%), Fiber: 0.74g (2.97%), Vitamin K: 2.97µg (2.83%)