



Dijon and Tarragon Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chickens cut into 2 legs, thighs and wings and 4 breast pieces (each)
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil

Equipment

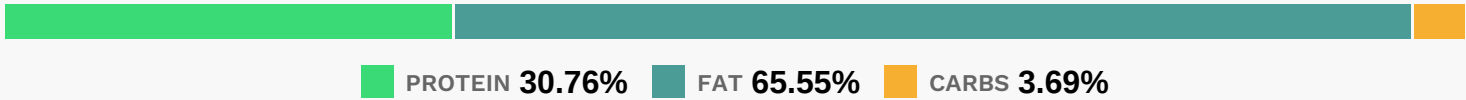
- ☐ grill

☐ glass baking pan

Directions

- ☐ Combine first 5 ingredients in processor. Process until smooth.
- ☐ Place chicken pieces in 15x10x2-inch glass baking dish.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Pour tarragon-mustard mixture over chicken; toss to coat.
- ☐ Let stand at room temperature 1 hour or refrigerate 2 to 4 hours, turning occasionally.
- ☐ Prepare barbecue (medium heat).
- ☐ Place chicken on barbecue. Cover and grill until chicken is almost cooked through, turning every 5 minutes and basting with marinade, about 30 minutes. Grill without basting until chicken is cooked through, about 7 minutes longer.
- ☐ Serve chicken hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:22.773478279943%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 596.3kcal (29.81%), Fat: 42.24g (64.98%), Saturated Fat: 11.63g (72.66%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.12g (3.46%), Cholesterol: 218.89mg (72.96%), Sodium: 292.19mg (12.7%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 44.6g (89.2%), Vitamin B3: 16.69mg (83.43%), Selenium: 33.22µg (47.45%), Vitamin A: 2272.03IU (45.44%), Vitamin B6: 0.9mg (44.79%), Phosphorus: 441.98mg (44.2%), Vitamin B12: 2.52µg (42%), Vitamin B2: 0.48mg (28.4%), Vitamin B5: 2.63mg (26.32%), Iron: 4.62mg (25.68%), Zinc: 3.45mg (23.03%), Folate: 74.84µg (18.71%), Manganese: 0.35mg (17.61%), Potassium: 608.94mg (17.4%), Magnesium: 64.24mg (16.06%), Vitamin B1: 0.18mg (11.83%), Vitamin C: 7.58mg (9.19%), Copper: 0.18mg (9.06%), Calcium: 65.39mg (6.54%), Fiber: 0.66g (2.65%), Vitamin E: 0.37mg (2.48%), Vitamin K: 1.6µg (1.52%)