



Dijon Tarragon Chicken Breasts

READY IN



25 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 28 ounce chicken broth canned
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons tarragon or dried fresh chopped

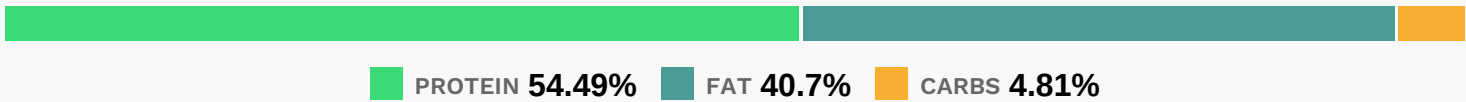
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Bring 2 cans chicken broth to a boil.
- ☐ Add chicken to the broth, cover and reduce heat to simmer. Poach chicken 12 minutes.
- ☐ Remove chicken to a plate and pour broth into a large measuring cup or batter bowl. Return the pan to heat and add butter. When butter melts, add flour and cook, whisking with butter, 2 minutes. Slowly pour cooking liquid back into the pan, until appropriately thickened, combining with a whisk. Stir in Dijon mustard and tarragon and season sauce with salt and pepper. Return chicken to the pan and coat with sauce. Simmer 2 or 3 minutes to heat chicken back through and to combine flavors.
- ☐ Serve with rice pilaf, and roasted squash vegetable medley.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:24.911739090215%

Nutrients (% of daily need)

Calories: 572.65kcal (28.63%), Fat: 25.1g (38.61%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.07g (0.08%), Cholesterol: 186.59mg (62.2%), Sodium: 1176.12mg (51.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.61g (151.22%), Selenium: 75.45µg (107.78%), Vitamin B3: 17.11mg (85.54%), Vitamin B6: 1.31mg (65.63%), Phosphorus: 561.82mg (56.18%), Zinc: 5.81mg (38.74%), Vitamin B12: 2.22µg (37.04%), Iron: 4.37mg (24.3%), Potassium: 840.07mg (24%), Vitamin B2: 0.38mg (22.46%), Magnesium: 82.17mg (20.54%), Manganese: 0.35mg (17.49%), Vitamin B5: 1.65mg (16.47%), Vitamin A: 710.29IU (14.21%), Copper: 0.16mg (8.15%), Vitamin B1: 0.12mg (7.87%), Calcium: 78.35mg (7.83%), Vitamin E: 1.03mg (6.86%), Folate: 25.43µg (6.36%), Vitamin K: 5.51µg (5.25%), Vitamin C: 3.12mg (3.78%), Fiber: 0.55g (2.19%), Vitamin D: 0.31µg (2.08%)