



## Dijon-Tarragon Cream Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless

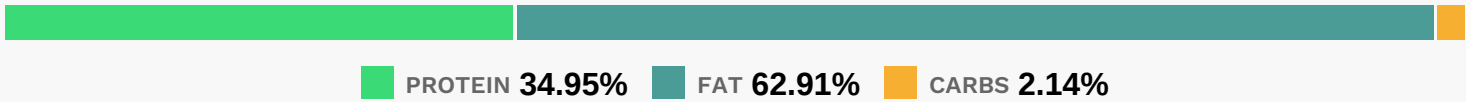
### Equipment

☐ frying pan

## Directions

- ☐ Melt the butter and heat the oil in a skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Brown on both sides. Reduce heat to medium, cover, and continue cooking 15 minutes, or until chicken juices run clear. Set aside and keep warm.
- ☐ Stir cream into the pan, scraping up brown bits.
- ☐ Mix in mustard and tarragon. Cook and stir 5 minutes, or until thickened. Return chicken to skillet to coat with sauce.
- ☐ Drizzle chicken with remaining sauce to serve.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:13.065217409445%

## Nutrients (% of daily need)

Calories: 291.24kcal (14.56%), Fat: 20.2g (31.08%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.92g (1.03%), Cholesterol: 113.46mg (37.82%), Sodium: 397.35mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin B3: 11.92mg (59.58%), Selenium: 38.41µg (54.87%), Vitamin B6: 0.88mg (44.18%), Phosphorus: 262.58mg (26.26%), Vitamin B5: 1.7mg (17.01%), Potassium: 483.1mg (13.8%), Vitamin A: 603.35IU (12.07%), Vitamin B2: 0.19mg (10.94%), Magnesium: 36.81mg (9.2%), Vitamin E: 1.09mg (7.24%), Vitamin B1: 0.09mg (5.87%), Manganese: 0.11mg (5.65%), Zinc: 0.79mg (5.29%), Iron: 0.85mg (4.74%), Vitamin B12: 0.28µg (4.66%), Calcium: 40.03mg (4%), Vitamin D: 0.59µg (3.93%), Vitamin K: 3.59µg (3.42%), Vitamin C: 2.05mg (2.48%), Folate: 8.82µg (2.2%), Copper: 0.04mg (2.17%)