



Baked Chicken Tarragon

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup wine dry white
- 0.1 cup brandy
- 1 tablespoon dijon mustard
- 2 teaspoons garlic powder
- 0.5 teaspoon paprika
- 1 tablespoon pepper
- 30 ounce chicken breast boneless skinless
- 1 tablespoon tarragon dried

Equipment

Nutrition Facts

■ PROTEIN **71.96%** ■ FAT **20.52%** ■ CARBS **7.52%**

Properties

Glycemic Index:30.67, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:15.431739130435%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.2kcal (10.86%), Fat: 3.9g (6%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.47g (0.52%), Cholesterol: 90.72mg (30.24%), Sodium: 195.61mg (8.5%), Alcohol: 5.79g (32.17%), Protein: 30.79g (61.57%), Vitamin B3: 14.98mg (74.91%), Selenium: 46.6µg (66.57%), Vitamin B6: 1.13mg (56.73%), Phosphorus: 317.67mg (31.77%), Vitamin B5: 2.07mg (20.71%), Potassium: 620.97mg (17.74%), Manganese: 0.31mg (15.62%), Magnesium: 48.88mg (12.22%), Vitamin B2: 0.17mg (10.03%), Vitamin B1: 0.11mg (7.11%), Iron: 1.24mg (6.89%), Zinc: 0.98mg (6.55%), Vitamin B12: 0.28µg (4.72%), Vitamin A: 180.86IU (3.62%), Copper: 0.07mg (3.52%), Calcium: 31.15mg (3.12%), Vitamin C: 2.31mg (2.8%), Folate: 10.16µg (2.54%), Fiber: 0.6g (2.38%), Vitamin E: 0.34mg (2.29%), Vitamin K: 2.26µg (2.15%)