



Flambéed chicken with asparagus

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless skinless
- ☐ 1 tbsp the flour seasoned plain
- ☐ 2 tbsp olive oil
- ☐ 1 knob butter
- ☐ 4 shallots finely chopped
- ☐ 4 tbsp brandy
- ☐ 300 ml chicken stock see
- ☐ 16 asparagus spears halved

- ☐ 4 tbsp crème fraîche
- ☐ 1 tbsp tarragon chopped

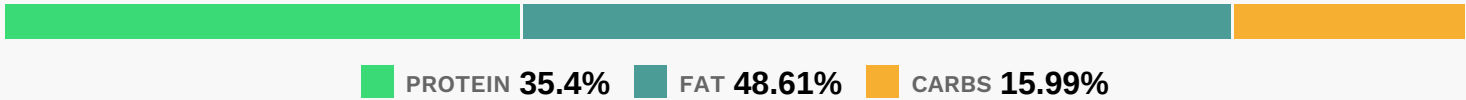
Equipment

- ☐ frying pan

Directions

- ☐ Dust the chicken with the flour.
- ☐ Heat the oil and butter in a large, wide pan with a lid, add the chicken, then fry on all sides until nicely browned.
- ☐ Add the shallots, then fry for about 2 mins until they start to soften, but not colour.
- ☐ Pour in the brandy, carefully ignite, then stand well back until the flames have died down. Stir in the stock and bring to the boil. Reduce heat, cover, then cook for 15 mins until the chicken is just tender.
- ☐ Add the asparagus to the sauce. Cover, then cook for 5 mins more until tender. Stir in the crme fraiche and tarragon and warm through. Season to taste.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:19.920000055562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 359.75kcal (17.99%), Fat: 17.61g (27.1%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 10.8g (3.93%), Sugar: 4.79g (5.32%), Cholesterol: 92.97mg (30.99%), Sodium: 453.01mg (19.7%), Alcohol: 5.01g (100%), Alcohol %: 1.97% (100%), Protein: 28.86g (57.73%), Vitamin B3: 13.79mg (68.93%), Selenium: 40.16µg (57.36%), Vitamin B6: 1.07mg (53.57%), Phosphorus: 320.86mg (32.09%), Vitamin K: 31.96µg (30.44%),

Iron: 3.95mg (21.92%), Potassium: 763.64mg (21.82%), Vitamin B5: 1.9mg (19.04%), Vitamin B2: 0.31mg (18.32%),
Vitamin A: 777.38IU (15.55%), Manganese: 0.29mg (14.53%), Vitamin E: 2.15mg (14.31%), Vitamin B1: 0.21mg (14.14%),
Folate: 54.27µg (13.57%), Magnesium: 52.1mg (13.03%), Copper: 0.23mg (11.4%), Vitamin C: 7.8mg (9.45%), Fiber:
2.23g (8.93%), Zinc: 1.3mg (8.7%), Calcium: 59.66mg (5.97%), Vitamin B12: 0.26µg (4.34%)