



Grilled Chicken with Mustard-Tarragon Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 cups gourmet salad greens
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons shallots minced

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons water

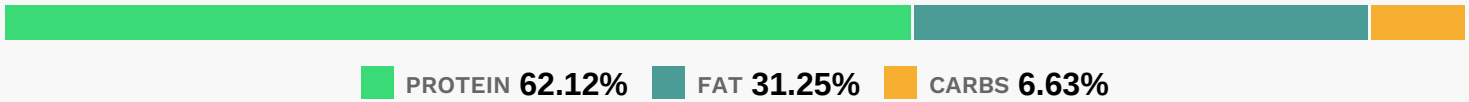
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Coat pan with cooking spray.
- ☐ Place chicken in pan; cook 6 minutes on each side or until done.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, shallots, and next 6 ingredients (through sugar) in a bowl, stirring well with a whisk.
- ☐ Serve chicken over greens with sauce.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:19.511304166006%

Nutrients (% of daily need)

Calories: 248.65kcal (12.43%), Fat: 8.36g (12.87%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.25g (1.39%), Cholesterol: 108.86mg (36.29%), Sodium: 624.43mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.81%), Vitamin B3: 18.09mg (90.43%), Selenium: 58.54µg (83.63%), Vitamin B6: 1.35mg (67.6%), Phosphorus: 391.82mg (39.18%), Vitamin B5: 2.53mg (25.29%), Potassium: 759.88mg (21.71%), Vitamin C: 12.25mg (14.85%), Magnesium: 57.93mg (14.48%), Vitamin B2: 0.21mg (12.12%), Vitamin A: 535.4IU (10.71%), Manganese: 0.21mg (10.66%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.2mg (7.98%),

Iron: 1.38mg (7.67%), Folate: 26.33µg (6.58%), Vitamin E: 0.87mg (5.81%), Vitamin B12: 0.34µg (5.67%), Copper:
0.09mg (4.41%), Fiber: 0.79g (3.17%), Calcium: 30.71mg (3.07%), Vitamin K: 2.88µg (2.74%), Vitamin D: 0.17µg (1.13%)