



WHATSheATE



Grilled Tarragon-Mustard Chicken



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons tarragon fresh finely chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 20 oz chicken breast halves boneless skinless

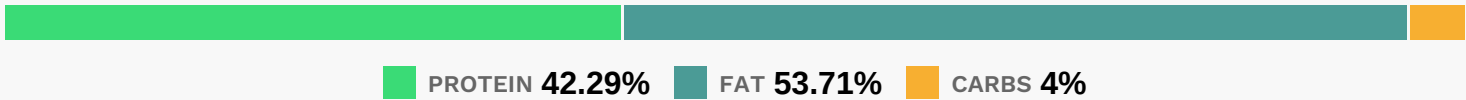
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat gas grill to medium-high. In a small bowl, whisk together oil, lemon juice, mustard, garlic powder and tarragon until well blended.
- ☐ Sprinkle chicken with salt.
- ☐ Brush generously with mustard mixture. Grill chicken, turning once, until cooked through, 4 to 5 minutes total.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:17.203043271666%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 299.14kcal (14.96%), Fat: 17.69g (27.22%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.22g (0.24%), Cholesterol: 90.72mg (30.24%), Sodium: 443.64mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.69%), Vitamin B3: 15.15mg (75.74%), Selenium: 48.25µg (68.92%), Vitamin B6: 1.17mg (58.27%), Phosphorus: 320.13mg (32.01%), Vitamin B5: 2.05mg (20.53%), Potassium: 654.4mg (18.7%), Manganese: 0.34mg (16.98%), Vitamin E: 2.25mg (15%), Magnesium: 53.41mg (13.35%), Vitamin B2: 0.2mg (11.48%), Iron: 1.9mg (10.54%), Vitamin K: 8.53µg (8.12%), Vitamin B1: 0.12mg (7.86%), Zinc: 1.03mg (6.88%), Vitamin C: 4.94mg (5.99%), Calcium: 52.75mg (5.27%), Vitamin B12: 0.28µg (4.72%), Folate: 16.89µg (4.22%), Vitamin A: 195.07IU (3.9%), Copper: 0.07mg (3.61%), Fiber: 0.66g (2.64%)