



WHATSheATE



## Mustard-buttered chicken with tarragon, peas & carrots



Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 tsp dijon mustard



140 g butter softened



2 chicken



1 lb garlic clove whole



175 ml wine



300 ml chicken stock see



500 g carrots

☐ 1 small handful tarragon chopped

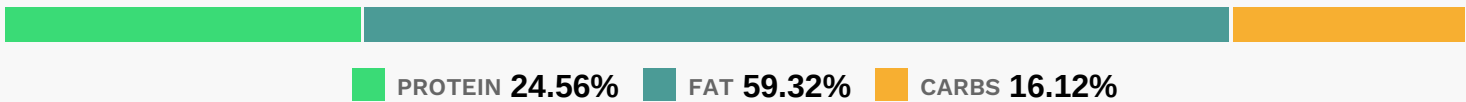
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Beat the mustard and butter together, then season well.
- ☐ Put the chickens into a large roasting tin; then, starting at the neck end, pull the skin away from the breast and thigh meat with your fingers. Stuff the butter under the skin, saving 1 tbsp for later. Put half the garlic bulb into each cavity. Season generously, cover with foil, then roast for 1 hr, uncovering for the final 20 mins, until crisp and golden.
- ☐ Lift the birds onto a board, then sit the pan on the hob and splash in the wine. Reduce for 5 mins, scraping up the meaty bits with a wooden spoon, then add the stock and bring to a simmer. Tip in the carrots, cover with a sheet of foil, then cook for 5 mins. You can do this ahead of time.
- ☐ Add the peas and simmer for a few mins until tender. Just before serving, whisk in the reserved mustard butter, chopped herbs and any resting juices, then season to taste. If you like, transfer everything to a platter and bring to the table or simply return the chickens to the roasting pan.

## Nutrition Facts



## Properties

Glycemic Index:30.48, Glycemic Load:7.39, Inflammation Score:-10, Nutrition Score:28.500434834024%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 677.67kcal (33.88%), Fat: 43.79g (67.37%), Saturated Fat: 17.4g (108.75%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 23.8g (8.66%), Sugar: 4.36g (4.85%), Cholesterol: 181.6mg (60.53%), Sodium: 361.06mg (15.7%), Alcohol: 2.29g (100%), Alcohol %: 0.75% (100%), Protein: 40.79g (81.57%), Vitamin A: 11157.13IU (223.14%), Vitamin B6: 1.49mg (74.71%), Vitamin B3: 14.61mg (73.05%), Manganese: 1.11mg (55.6%), Selenium: 36.79µg (52.56%), Phosphorus: 408.1mg (40.81%), Vitamin C: 24.57mg (29.78%), Potassium: 851.91mg (24.34%), Vitamin B5: 2.27mg (22.73%), Zinc: 3.41mg (22.71%), Vitamin B2: 0.37mg (21.81%), Vitamin B1: 0.29mg (19.05%), Iron: 3.06mg (16.99%), Magnesium: 64.59mg (16.15%), Copper: 0.31mg (15.59%), Calcium: 153.35mg (15.34%), Vitamin K: 13.47µg (12.83%), Fiber: 2.98g (11.91%), Vitamin B12: 0.62µg (10.34%), Vitamin E: 1.45mg (9.66%), Folate: 28.04µg (7.01%), Vitamin D: 0.38µg (2.54%)