



Pan Seared Chicken Breasts in a Mushroom, Tarragon and Mustard Pan Sauce



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 4 small chicken breasts with salt and pepper thin
- ☐ 1 cup chicken broth
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons grainy mustard
- ☐ 0.5 cup heavy cream
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon oil

- ☐ 4 servings salt and pepper
- ☐ 1 medium shallots diced finely
- ☐ 2 tablespoons tarragon chopped

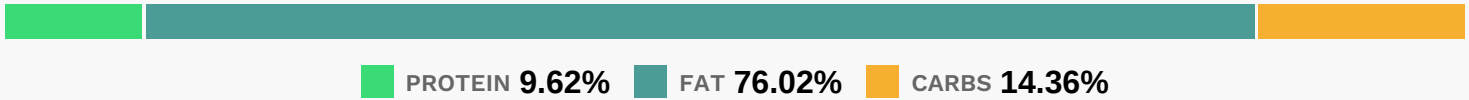
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan over medium-high heat, season the chicken with salt and pepper, add it to the pan and cook until browned, about 2-3 minutes per side and set aside.
- ☐ Add the oil and mushrooms and saute until browned on both sides, about 7-8 minutes.
- ☐ Add the shallot and saute for 1 minute.
- ☐ Add the garlic and saute for half a minute.
- ☐ Add the wine, deglaze the pan, add the chicken broth and cream, bring to a boil and let simmer until reduced by half, about 5-7 minutes.
- ☐ Mix in the mustard and tarragon, season with salt and pepper, return the chicken to the pan and cook for 2-3 minutes.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:8.4417391082515%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 168.61kcal (8.43%), Fat: 15.07g (23.19%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.85g (3.17%), Cholesterol: 34.79mg (11.6%), Sodium: 895.75mg (38.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin B2: 0.37mg (21.91%), Manganese: 0.4mg (19.82%), Selenium: 9.29µg (13.27%), Vitamin B3: 2.57mg (12.84%), Vitamin A: 591.14IU (11.82%), Copper: 0.23mg

(11.49%), Potassium: 360.09mg (10.29%), Vitamin B5: 0.98mg (9.75%), Vitamin B6: 0.19mg (9.49%), Iron: 1.7mg (9.43%), Phosphorus: 92.32mg (9.23%), Calcium: 72.31mg (7.23%), Vitamin E: 0.94mg (6.3%), Magnesium: 25.03mg (6.26%), Vitamin B1: 0.09mg (6.16%), Folate: 23.09µg (5.77%), Fiber: 1.36g (5.46%), Vitamin C: 3.88mg (4.71%), Zinc: 0.63mg (4.18%), Vitamin D: 0.59µg (3.93%), Vitamin K: 3.62µg (3.45%), Vitamin B12: 0.08µg (1.37%)