



Pan-Seared Chicken with Tarragon Butter Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 teaspoon pepper black
- ☐ 2 lb thin- chicken breasts boneless skinless (also called cutlets)
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots finely chopped (1 large)
- ☐ 0.3 cup butter unsalted cut into 1/2-inch cubes

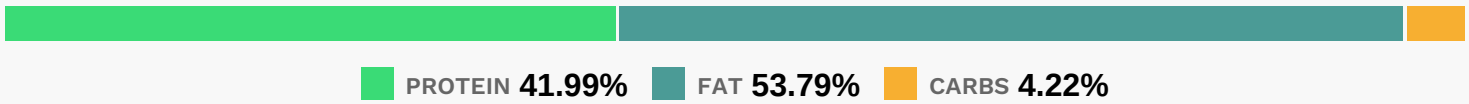
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Cook shallot in 1 tablespoon butter in a small heavy saucepan over moderate heat, stirring occasionally, until softened, about 2 minutes.
- ☐ Add wine and boil until most of liquid is evaporated, about 3 minutes. Set aside.
- ☐ Pat chicken dry and sprinkle all over with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chicken in 3 or 4 batches, turning over once, until golden and just cooked through, about 2 minutes per batch.
- ☐ Transfer as cooked to a platter and keep warm, loosely covered with foil.
- ☐ Return shallot mixture to moderately low heat and add remaining 3 tablespoons butter, 1 cube at a time, whisking until incorporated.
- ☐ Remove from heat and whisk in tarragon, parsley, lemon juice, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.11, Inflammation Score:-5, Nutrition Score:17.688260721124%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.28kcal (16.36%), Fat: 18.76g (28.87%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.96g (1.06%), Cholesterol: 117.1mg (39.03%), Sodium: 470.84mg (20.47%), Alcohol: 1.37g (100%), Alcohol %: 0.89% (100%), Protein: 32.96g (65.92%), Vitamin B3: 16.01mg (80.05%), Selenium: 48.71µg (69.59%), Vitamin B6: 1.23mg (61.32%), Phosphorus: 335.47mg (33.55%), Vitamin B5: 2.21mg (22.06%), Potassium: 675.47mg (19.3%), Vitamin K: 16.45µg (15.67%), Magnesium: 50.93mg (12.73%), Manganese: 0.25mg (12.73%), Vitamin B2: 0.19mg (11.06%), Vitamin E: 1.53mg (10.18%), Vitamin A: 428.31IU (8.57%), Iron: 1.5mg (8.32%), Vitamin B1: 0.11mg (7.35%), Zinc: 1.03mg (6.89%), Vitamin C: 5.2mg (6.3%), Vitamin B12: 0.32µg (5.31%), Folate: 17.01µg (4.25%), Calcium: 40.7mg (4.07%), Copper: 0.07mg (3.45%), Fiber: 0.53g (2.13%), Vitamin D: 0.29µg (1.95%)