



Petite Blanquette de Poulet a l'Estragon (Tarragon Chicken)

READY IN



105 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 ounces butter
- 2 carrots cut into chunks
- 1 stalk celery cut into chunks
- 1 egg yolk
- 2 tablespoons flour all-purpose
- 4.5 ounces mushrooms fresh trimmed halved
- 1 sprig parsley fresh
- 1 sprig tarragon leaves fresh finely chopped

- 1 sprig thyme leaves fresh
- 1 clove garlic
- 8 servings salt and ground pepper black to taste
- 3 tablespoons heavy cream
- 1 juice of lemon juiced
- 1 onion whole
- 6 cups water
- 7 fluid ounces white wine
- 3 pound meat from a rotisserie chicken whole cut into 8 pieces

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Poke the whole clove into the onion, and place onion into a large soup pot. Stir in water, white wine, celery, garlic, thyme, parsley, salt, and black pepper; bring the mixture to a boil over medium heat.
- Place the chicken pieces and carrots into the liquid, cover, and simmer for 20 minutes.
- Remove the chicken pieces to a bowl; strain the stock and reserve about 2 cups. Discard vegetables and herbs.
- Sprinkle the chicken pieces with flour. Melt butter in a large skillet over medium heat, and pan-fry the chicken until golden brown, about 5 minutes per side.
- Remove chicken pieces; place mushrooms into the skillet, and cook, stirring occasionally, until the mushrooms have just started to brown, about 10 minutes.
- Return chicken to skillet; pour in enough stock to barely cover the chicken and mushrooms (about 2 cups); cover and simmer for 20 minutes.

- Remove chicken and mushrooms to a serving dish. Boil the remaining liquid until reduced by half, stirring constantly, about 10 minutes.
- In a bowl, whisk together the egg yolk, lemon juice, and cream; remove the skillet from the heat, and gradually whisk the egg yolk mixture into the reduced stock until the sauce thickens.
- Whisk in tarragon.
- Serve sauce over the chicken and mushrooms.

Nutrition Facts



Properties

Glycemic Index:60.85, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:11.84391309904%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 311.98kcal (15.6%), Fat: 22.27g (34.27%), Saturated Fat: 9.61g (60.08%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.22g (2.47%), Cholesterol: 110.94mg (36.98%), Sodium: 143.15mg (6.22%), Alcohol: 2.66g (100%), Alcohol %: 0.94% (100%), Protein: 16.93g (33.85%), Vitamin A: 3048.99IU (60.98%), Vitamin B3: 6.49mg (32.45%), Selenium: 15.6µg (22.28%), Vitamin B6: 0.38mg (19.04%), Phosphorus: 167.12mg (16.71%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.17mg (11.73%), Potassium: 332.9mg (9.51%), Zinc: 1.37mg (9.17%), Manganese: 0.15mg (7.69%), Vitamin K: 7.9µg (7.53%), Copper: 0.14mg (7.2%), Magnesium: 28.6mg (7.15%), Vitamin C: 5.81mg (7.04%), Iron: 1.25mg (6.97%), Vitamin B1: 0.1mg (6.9%), Folate: 24.09µg (6.02%), Vitamin B12: 0.33µg (5.46%), Vitamin E: 0.69mg (4.59%), Fiber: 1.04g (4.14%), Calcium: 41.2mg (4.12%), Vitamin D: 0.41µg (2.71%)