



## Sautéed Chicken Breasts with Tarragon Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1 cup cooking wine dry white
- 1 tablespoon flour
- 0.5 teaspoon tarragon dried fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup heavy cream
- 2 tablespoons onion chopped
- 0.8 teaspoon salt

4 chicken breasts boneless skinless ()

## Equipment

frying pan

whisk

## Directions

In a medium frying pan, heat the butter over moderate heat. Season the chicken with 1/4 teaspoon of the salt and the pepper and add it to the pan. Cook the chicken until brown, about 5 minutes. Turn and cook until just done, 4 to 5 minutes longer.

Remove the chicken from the pan and put it in a warm spot.

Reduce the heat to moderately low. Stir in the onion and cook until starting to soften, about 2 minutes.

Sprinkle the flour over the onion and stir to combine. Increase the heat to moderate; whisk in the wine and the tarragon, and cook until the sauce starts to thicken, about 2 minutes. Stir in the cream, the remaining 1/2 teaspoon salt, and any accumulated chicken juices.

Serve the sauce over the chicken.

Menu Suggestions: Rice along with a simple vegetable such as steamed asparagus or sauted zucchini and carrots would round out the meal nicely.

Wine Recommendation: The richness of the cream sauce will contrast well with a fresh white wine from the north of Italy. Try a tocai friulano, pinot grigio, or pinot bianco from an area such as Collio or the Alto Adige.

## Nutrition Facts



PROTEIN 34.41%  FAT 59.44%  CARBS 6.15%

## Properties

Glycemic Index:67.25, Glycemic Load:1.46, Inflammation Score:-6, Nutrition Score:13.206956510958%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## **Nutrients (% of daily need)**

Calories: 339.24kcal (16.96%), Fat: 19.39g (29.83%), Saturated Fat: 11.09g (69.33%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.33g (1.57%), Sugar: 1.67g (1.85%), Cholesterol: 120.99mg (40.33%), Sodium: 623.57mg (27.11%), Alcohol: 6.18g (100%), Alcohol %: 3.59% (100%), Protein: 25.25g (50.51%), Vitamin B3: 12.01mg (60.06%), Selenium: 37.86µg (54.09%), Vitamin B6: 0.9mg (45.01%), Phosphorus: 271.49mg (27.15%), Vitamin B5: 1.74mg (17.37%), Potassium: 509.25mg (14.55%), Vitamin A: 657.44IU (13.15%), Vitamin B2: 0.19mg (11.44%), Magnesium: 39.61mg (9.9%), Manganese: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.63%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.29µg (4.76%), Iron: 0.81mg (4.47%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.59µg (3.93%), Calcium: 37.47mg (3.75%), Folate: 11.61µg (2.9%), Vitamin C: 2.03mg (2.46%), Copper: 0.04mg (2.23%), Vitamin K: 2.14µg (2.04%)