



WHATSheATE



## Susan Spicer's Pan-Roasted Chicken Breast with Vinegar, Mustard, and Tarragon



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 tablespoons apple cider vinegar
- ☐ 2 tablespoons butter softened
- ☐ 24 ounces chicken breast boneless with skin still attached
- ☐ 1 cup chicken stock see
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 tablespoons canola oil

- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons tarragon coarsely chopped

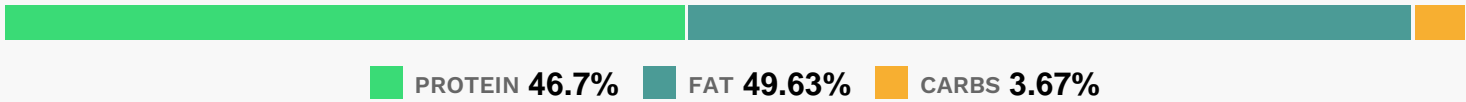
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

## Directions

- ☐ Adjust the oven rack to the bottom third position, and preheat to 325°F. Season the chicken breasts with salt and pepper on both sides.
- ☐ Pour the olive oil into a skillet set over medium-high heat, and when just about to smoke, add the chicken breasts skin side down. Immediately reduce heat to medium, and cook until well browned on the bottom, about six to seven minutes. Move them occasionally to prevent them from sticking. Flip them, and cook until completely cooked through, about five to seven minutes. When done, transfer the chicken to an oven safe dish, and place in the warm oven.
- ☐ Pour out any grease in the skillet. With the heat still on medium, pour in the stock and vinegar, and use a wooden spoon to scrape up any browned bits.
- ☐ Let the liquid reduce to about 1/2 cup, and then stir in the butter, mustard, and tarragon. Stir until the sauce is "slightly creamy," and then turn off the heat. If needed, add more salt and pepper to taste.
- ☐ Divide the chicken breasts between four plates, and spoon over the sauce.
- ☐ Sprinkle the chives on top. I served these with a side of roasted asparagus.

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:18.753043304319%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.93kcal (16.85%), Fat: 17.96g (27.64%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.79g (1.02%), Sugar: 1.09g (1.21%), Cholesterol: 125.71mg (41.9%), Sodium: 551.17mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.07%), Vitamin B3: 18.8mg (93.99%), Selenium: 56.74µg (81.06%), Vitamin B6: 1.34mg (66.87%), Phosphorus: 383mg (38.3%), Vitamin B5: 2.44mg (24.41%), Potassium: 745.93mg (21.31%), Vitamin B2: 0.24mg (14.06%), Magnesium: 52.78mg (13.19%), Vitamin E: 1.74mg (11.59%), Vitamin B1: 0.14mg (9.19%), Manganese: 0.17mg (8.7%), Zinc: 1.14mg (7.63%), Vitamin K: 7.04µg (6.71%), Iron: 1.17mg (6.52%), Vitamin B12: 0.35µg (5.87%), Vitamin A: 293.3IU (5.87%), Copper: 0.09mg (4.48%), Vitamin C: 2.96mg (3.59%), Folate: 13.45µg (3.36%), Calcium: 27.1mg (2.71%), Vitamin D: 0.17µg (1.13%)