



## Tarragon & almond chicken



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 chicken breast boneless skinless
- ☐ 50 g butter salted softened
- ☐ 1 tsp tarragon fresh finely chopped for scattering
- ☐ 1 tsp parsley fresh finely chopped
- ☐ 0.5 tsp chives fresh snipped finely
- ☐ 25 g almond flour
- ☐ 4 large pancetta thin

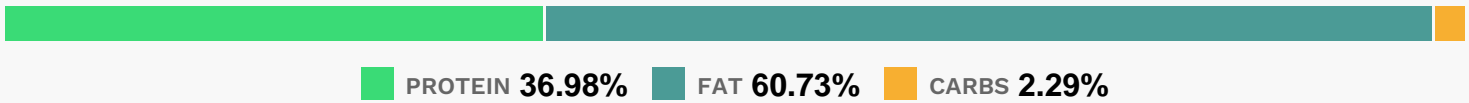
### Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ cocktail sticks

## Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Pat each chicken breast dry with kitchen paper. Make three lengthways slits in the top of each breast, cutting halfway through the meat.
- ☐ Cream the butter with the herbs until smooth, then blend in the almonds and a pinch of salt. Divide into 4 equal parts and spread one portion in the slits in each breast. Gently press the meat together to reform the shape.
- ☐ Wrap the prosciutto well around each breast, overlapping the ends (you shouldnt need cocktail sticks to secure it).
- ☐ Lay the parcels in an oiled ovenproof dish and cover loosely with a piece of buttered grease proof paper or foil. (The chicken breasts can be kept like this in the fridge for 2-8 hours, but let them come to room temperature for about 30 minutes before cooking.)
- ☐ Bake the chicken for 20 minutes, removing the butter paper or foil for the last 5 minutes.
- ☐ Remove the dish from the oven and allow the chicken to cool for 5 minutes, then transfer to individual plates and spoon over the melted butter that has collected in the bottom of the dish. Scatter with extra tarragon and some freshly ground pepper.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:12.056956493336%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 19.36g (29.79%), Saturated Fat: 8.36g (52.22%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.23g (0.25%), Cholesterol: 104.47mg (34.83%), Sodium: 264.68mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.05%), Vitamin B3: 12.15mg (60.75%), Selenium: 37.91µg (54.16%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 253.16mg (25.32%), Vitamin B5: 1.67mg (16.69%), Potassium: 449.53mg (12.84%), Magnesium: 32.04mg (8.01%), Vitamin B2: 0.13mg (7.6%), Vitamin A: 373.58IU (7.47%), Vitamin B1: 0.1mg (6.41%), Zinc: 0.78mg (5.18%), Vitamin B12: 0.29µg (4.79%), Iron: 0.82mg (4.57%), Vitamin E: 0.54mg (3.6%), Fiber: 0.7g (2.78%), Calcium: 26.88mg (2.69%), Manganese: 0.05mg (2.51%), Vitamin C: 1.66mg (2.01%), Copper: 0.04mg (1.84%), Vitamin K: 1.78µg (1.69%), Folate: 6.16µg (1.54%)