

Tarragon Chicken

 Gluten Free

READY IN



28 min.

SERVINGS



2

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon freeze-dried tarragon
- 2 fat scallions thinly sliced
- 2 teaspoons tarragon fresh chopped for sprinkling plus a pinch more
- 2 teaspoons garlic infused olive oil
- 0.5 cup heavy cream
- 0.5 teaspoon kosher salt or
- 2 fillet chicken breast boneless skinless
- 0.3 cup white wine

2 servings pepper fresh white

Equipment

frying pan

dutch oven

Directions

- Heat the garlic oil in a frying pan or Dutch oven that has a lid and in which the chicken breasts will fit pretty snugly.
- Add the scallions, stir, then sprinkle in the freeze-dried tarragon, stir again and cook them in the garlic oil for a minute, stirring some more as they cook.
- Put the chicken fillets into the pan, curved side down, and cook for 5 minutes, watching the scallions don't burn. If they look like they're beginning to, scrape them from the pan and let them sit on the chicken pieces.
- Turn over the breasts, and add the vermouth (or white wine).
- Let the vermouth bubble up, then add the salt.
- Put the lid on, turn the heat down low and leave it to simmer gently for 10 minutes. Check the chicken is cooked through by making a small cut into the thickest part and ensuring the juices run clear - if not, simmer for a few minutes longer and check again.
- Remove the chicken breasts to warmed plates. Bring the remaining liquid to a boil, add the cream and stir well, then sprinkle in the fresh tarragon, stir again and give a good grind of white pepper.
- Pour the sauce over the chicken breasts, and give a final scattering of tarragon to serve.

Nutrition Facts



PROTEIN 3.97% **FAT 88.18%** **CARBS 7.85%**

Properties

Glycemic Index:77.5, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:5.2834782237592%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.92kcal (14.7%), Fat: 26.73g (41.12%), Saturated Fat: 14.69g (91.84%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.65g (1.69%), Sugar: 2.12g (2.36%), Cholesterol: 68.82mg (22.94%), Sodium: 602.33mg (26.19%), Alcohol: 4.12g (100%), Alcohol %: 4.68% (100%), Protein: 2.71g (5.41%), Vitamin A: 979.95IU (19.6%), Manganese: 0.33mg (16.71%), Vitamin B2: 0.15mg (9.11%), Calcium: 77.1mg (7.71%), Vitamin E: 1.13mg (7.54%), Iron: 1.29mg (7.18%), Vitamin D: 0.98µg (6.52%), Vitamin B6: 0.11mg (5.53%), Phosphorus: 55.15mg (5.52%), Potassium: 165.74mg (4.74%), Magnesium: 18.92mg (4.73%), Vitamin K: 4.47µg (4.26%), Selenium: 2.32µg (3.31%), Fiber: 0.71g (2.84%), Vitamin C: 2.04mg (2.47%), Folate: 9.87µg (2.47%), Copper: 0.04mg (2.2%), Zinc: 0.32mg (2.13%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.1µg (1.62%), Vitamin B1: 0.02mg (1.42%)