



Tarragon Chicken

 **Gluten Free**  **Dairy Free**

READY IN



11 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons tarragon fresh minced
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- spatula
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken evenly with 1/4 teaspoon salt.
- Combine olive oil and remaining 5 ingredients in a small bowl, stirring well with a whisk.
- Heat a large nonstick skillet over medium-high heat.
- Add 2 teaspoons oil mixture to pan, spreading evenly over bottom of pan with a wide spatula.
- Add chicken; cook 2 minutes.
- Drizzle chicken with 2 teaspoons oil mixture. Turn chicken over; cook 2 minutes.
- Drizzle remaining oil mixture over chicken; reduce heat to low. Cover and cook 2 minutes or until done.
- Transfer chicken to a serving platter.
- Pour pan drippings over chicken; serve immediately.

Nutrition Facts

 **PROTEIN 57.22%**  **FAT 40.66%**  **CARBS 2.12%**

Properties

Glycemic Index:25, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:17.391738899376%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 261.74kcal (13.09%), Fat: 11.5g (17.69%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.22g (0.24%), Cholesterol: 108.86mg (36.29%), Sodium: 416.32mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.84%), Vitamin B3: 17.84mg (89.22%), Selenium: 54.59µg (77.99%), Vitamin B6: 1.31mg (65.59%), Phosphorus: 362.14mg (36.21%), Vitamin B5: 2.44mg (24.4%), Potassium: 671.21mg (19.18%), Magnesium: 48.41mg (12.1%), Vitamin B2: 0.19mg (10.93%), Vitamin E: 1.34mg (8.96%), Vitamin B1: 0.12mg (7.66%), Vitamin C: 6.32mg (7.66%), Zinc: 1.04mg (6.93%), Manganese: 0.12mg (5.96%), Vitamin B12: 0.34µg (5.67%), Iron: 1.02mg (5.65%), Vitamin K: 4.57µg (4.35%), Copper: 0.06mg (2.84%), Folate: 11.13µg (2.78%), Calcium: 22.58mg (2.26%), Vitamin A: 93.8IU (1.88%), Vitamin D: 0.17µg (1.13%)