



## Tarragon Chicken with Anchovy Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 fillet anchovy in oil
- ☐ 12 oz chicken breast boneless
- ☐ 0.5 cup crème fraîche
- ☐ 2 tbsp juice of lemon
- ☐ 1 tsp lemon zest
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp parmesan cheese grated
- ☐ 4 servings salt and pepper to taste

- ☐ 1 pinch tarragon

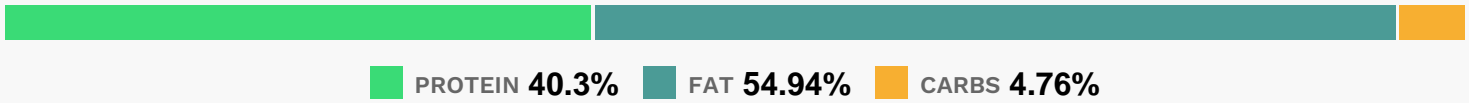
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ skewers
- ☐ chopsticks

## Directions

- ☐ Cut the chicken breasts into 1 inch cubes.
- ☐ Place in a Ziploc bag and add the rest of the ingredients. Seal and let marinate in the refrigerator for at least an hour.
- ☐ Turn your oven to broil and skewer the cubes on the chopsticks. If the chopsticks are not lacquered then place them in water for an hour before use, so they won't char in the oven.
- ☐ Grill the skewers in the top of your oven for about 12 minutes or until completely cooked through. Turn after half the time.
- ☐ Anchovy Cream
- ☐ Heat the olive oil in a small saucepan.
- ☐ Add the anchovy fillets and stir them until they melt.
- ☐ Remove the saucepan from the heat and add the rest of the ingredients. Salt and pepper to taste.
- ☐ Add more lemon juice if you want.
- ☐ Serving tip!
- ☐ The skewers can be served both warm and cold.
- ☐ The sauce tastes better the longer it gets to absorb the flavors, so it can easily be prepared the day before. The same goes for the marinated skewers. Prepare and marinate the day before and just grill before the guests arrive.
- ☐ If you have access to a grill, then of course that adds to the flavor. Don't forget to soak nonlacquered skewers beforehand so that they don't catch fire.

# Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:10.129565259685%

## 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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 200.59kcal (10.03%), Fat: 12.11g (18.64%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.19g (1.32%), Cholesterol: 74.77mg (24.92%), Sodium: 347.52mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (39.99%), Vitamin B3: 9.21mg (46.05%), Selenium: 29.91µg (42.72%), Vitamin B6: 0.66mg (33.2%), Phosphorus: 221.22mg (22.12%), Vitamin B5: 1.34mg (13.41%), Potassium: 379.03mg (10.83%), Vitamin B2: 0.15mg (8.94%), Magnesium: 28.08mg (7.02%), Calcium: 62.45mg (6.25%), Vitamin C: 4.95mg (6%), Vitamin E: 0.81mg (5.41%), Zinc: 0.75mg (4.97%), Vitamin A: 238.45IU (4.77%), Vitamin B12: 0.28µg (4.61%), Vitamin B1: 0.06mg (4.31%), Iron: 0.52mg (2.91%), Vitamin K: 2.75µg (2.62%), Manganese: 0.04mg (2.04%), Folate: 7.71µg (1.93%), Copper: 0.04mg (1.84%)