



Tarragon Mushroom Chicken

READY IN



260 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 0.5 cup chicken broth
- 10 ounces cream of chicken soup undiluted canned
- 1 teaspoon tarragon dried
- 0.3 cup flour all-purpose
- 0.3 teaspoon garlic powder
- 4.5 ounces mushrooms drained sliced
- 24 ounces chicken breast halves boneless skinless
- 1 teaspoon worcestershire sauce

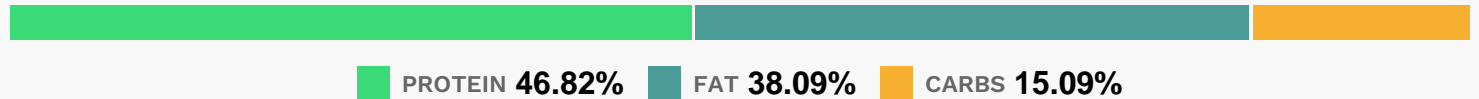
Equipment

- bowl
- sauce pan
- whisk
- slow cooker

Directions

- Place the chicken in a 5-qt. slow cooker. In a small bowl, combine the soup, mushrooms, sherry, butter, tarragon, Worcestershire sauce and garlic powder; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender.
- Remove chicken and keep warm.
- Place the flour in a small saucepan; gradually whisk in cooking liquid until blended. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:4.59, Inflammation Score:-4, Nutrition Score:14.113913028137%

Nutrients (% of daily need)

Calories: 232.24kcal (11.61%), Fat: 9.64g (14.83%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.2g (2.98%), Sugar: 0.88g (0.98%), Cholesterol: 86.78mg (28.93%), Sodium: 580.34mg (25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.31%), Vitamin B3: 13.17mg (65.85%), Selenium: 41.1µg (58.72%), Vitamin B6: 0.88mg (44.2%), Phosphorus: 280.76mg (28.08%), Vitamin B5: 2.06mg (20.56%), Vitamin B2: 0.27mg (15.61%), Potassium: 540.11mg (15.43%), Vitamin B1: 0.14mg (9.55%), Magnesium: 36.1mg (9.03%), Copper: 0.17mg (8.7%), Iron: 1.45mg (8.06%), Manganese: 0.13mg (6.57%), Zinc: 0.98mg (6.52%), Vitamin A: 251.81IU (5.04%), Folate: 19.82µg (4.95%), Vitamin B12: 0.25µg (4.12%), Vitamin E: 0.59mg (3.96%), Vitamin C: 2.15mg (2.61%), Vitamin K: 2.52µg (2.4%), Calcium: 20.57mg (2.06%), Fiber: 0.39g (1.56%), Vitamin D: 0.16µg (1.04%)