



Vermouth Tarragon Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



230 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup vermouth dry
- ☐ 0.5 cup tarragon fresh chopped
- ☐ 1 tablespoon lemon pepper
- ☐ 1 tablespoon olive oil
- ☐ 4 chicken breast halves boneless skinless

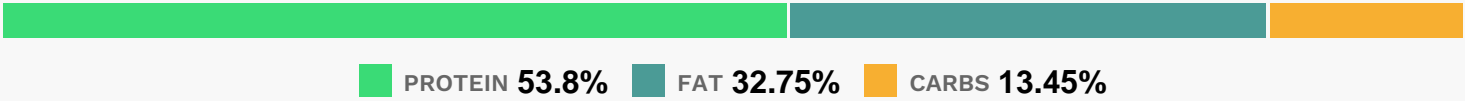
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Generously sprinkle the chicken breast halves with lemon pepper.
- ☐ Place chicken, vermouth, 3 tablespoons olive oil, and tarragon into a large resealable plastic bag.
- ☐ Place in the refrigerator to marinate for at least 6 hours, or overnight.
- ☐ Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Brown chicken breasts on both sides in the hot oil.
- ☐ Pour 1/2 cup of the marinade into the skillet, reduce heat to medium-low, cover and simmer for about 20 minutes, or until the chicken is no longer pink.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:15.667391341666%

Nutrients (% of daily need)

Calories: 230.33kcal (11.52%), Fat: 6.94g (10.67%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.55g (2.02%), Sugar: 0.01g (0.01%), Cholesterol: 72.32mg (24.11%), Sodium: 135.4mg (5.89%), Alcohol: 5.7g (100%), Alcohol %: 3.92% (100%), Protein: 25.64g (51.28%), Vitamin B3: 12.37mg (61.87%), Selenium: 36.51µg (52.16%), Vitamin B6: 1mg (50.22%), Manganese: 0.72mg (35.81%), Phosphorus: 259.62mg (25.96%), Potassium: 630.59mg (18.02%), Vitamin B5: 1.63mg (16.31%), Iron: 2.64mg (14.68%), Magnesium: 54.07mg (13.52%), Vitamin B2: 0.2mg (11.83%), Calcium: 84.94mg (8.49%), Vitamin A: 309.86IU (6.2%), Zinc: 0.92mg (6.15%), Vitamin B1: 0.09mg (6%), Folate: 22.24µg (5.56%), Vitamin C: 4.54mg (5.51%), Vitamin E: 0.73mg (4.9%), Copper: 0.09mg (4.68%), Vitamin K: 4.79µg (4.56%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.85g (3.4%)