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Creamy Tarragon Chicken ♦♦

Creamy Tarragon Chicken is a classic French dish made with tender chicken breasts cooked in a rich and flavorful tarragon-infused cream sauce. It is traditionally served with rice or pasta and a side of vegetables. This recipe is perfect for a special occasion or a cozy dinner at home.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

600 g	Chicken Breasts
50 g	butter
100 g	onion
10 g	garlic cloves
250 ml	heavy cream

10 g	fresh tarragon
5 g	Salt
2 g	Black pepper

Directions

Step 1

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a large skillet, melt the butter over medium heat. Add the chicken breasts and cook until browned on both sides, about 5 minutes per side. Remove the chicken from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In the same skillet, add the onion and garlic. Cook until softened, about 3 minutes. Add the heavy cream and tarragon. Bring to a simmer and cook for 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Return the chicken to the skillet and cook for an additional 5 minutes, or until the chicken is cooked through and the sauce has thickened. Serve hot.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 40 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian French Thai American Middle Eastern

Meal Type

Lunch

Dinner

Snack

Kitchen Tools

Grill

Slow Cooker

Pressure Cooker

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Difficulty Level

Medium

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