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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



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%

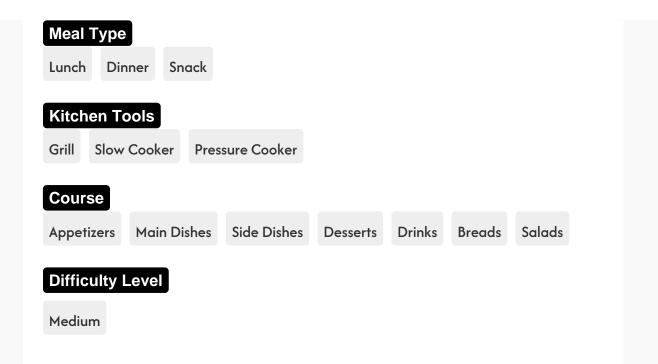
Recipe Attributes



Summer Fa

Cuisines

Italian French Thai American Middle Eastern



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