



Amazing Italian Lemon Butter Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces artichoke hearts halved drained
- ☐ 4 ounces bacon
- ☐ 1 cup butter chilled
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons capers drained
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 0.5 pound farfalle pasta dry (bow tie)
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings parsley fresh chopped for garnish

- ☐ 5 tablespoons heavy cream
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 6 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

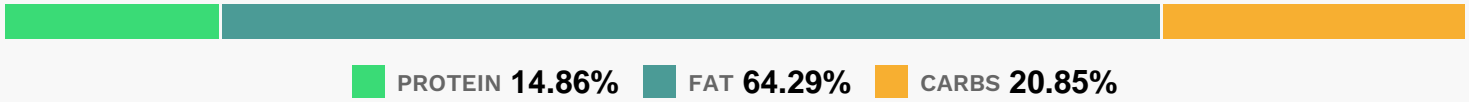
Directions

- ☐ To make the sauce, pour the wine and lemon juice into a saucepan over medium heat. Cook at a low boil until the liquid is reduced by 1/2
- ☐ Stir in cream, and simmer until it thickens. Gradually add the butter 1 tablespoon at a time to the sauce, stirring until completely incorporated. Season with salt and pepper.
- ☐ Remove from heat, and keep warm.
- ☐ Bring a large pot of lightly salted water to boil.
- ☐ Add pasta, and cook until al dente, about 8 to 10 minutes.
- ☐ Drain, and set aside.
- ☐ To make the chicken, heat oil and 2 tablespoons butter in a large skillet over medium heat. In a bowl, stir together flour, salt, and pepper. Lightly coat chicken with flour mixture. Without crowding, carefully place chicken in hot oil. (If necessary, cook in batches.) Fry until cooked through and golden brown on both sides.
- ☐ Remove the chicken to paper towels. Stir the bacon, mushrooms, artichokes, and capers into the oil; cook until the mushrooms are soft.

- ☐
- Cut the chicken breasts into bite-size strips, and return them to the skillet. Stir half of the lemon butter sauce into the chicken mixture.

☐

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:14.52, Inflammation Score:-8, Nutrition Score:21.215217642162%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 700.33kcal (35.02%), Fat: 49.66g (76.4%), Saturated Fat: 26.92g (168.26%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.98g (12.36%), Sugar: 2.64g (2.93%), Cholesterol: 161.17mg (53.72%), Sodium: 797.78mg (34.69%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 25.82g (51.64%), Selenium: 57.01µg (81.44%), Vitamin K: 70.62µg (67.26%), Vitamin B3: 10.69mg (53.47%), Vitamin B6: 0.72mg (36%), Vitamin A: 1555.74IU (31.11%), Phosphorus: 308.94mg (30.89%), Manganese: 0.43mg (21.48%), Vitamin B5: 1.9mg (19.02%), Vitamin B2: 0.3mg (17.55%), Potassium: 560.15mg (16%), Vitamin C: 11.76mg (14.26%), Vitamin B1: 0.21mg (13.99%), Magnesium: 51.24mg (12.81%), Copper: 0.25mg (12.38%), Vitamin E: 1.71mg (11.4%), Zinc: 1.51mg (10.04%), Fiber: 2.26g (9.04%), Iron: 1.56mg (8.68%), Folate: 34.71µg (8.68%), Vitamin B12: 0.34µg (5.75%), Calcium: 39.75mg (3.98%), Vitamin D: 0.41µg (2.72%)