



6%
HEALTH SCORE

Caper Baked Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 4 ounce capers
- 4 servings pepper black to taste
- 1 juice of lemon juiced
- 4 chicken breast halves boneless skinless
- 0.3 cup steak sauce

Equipment

- bowl

- oven
- pot
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Arrange chicken in an oven proof clay pot or medium baking dish. Coat with lemon juice, and season with pepper.
- In a small bowl, mix the melted butter, steak sauce, 2 tablespoons capers, and 2 tablespoons caper liquid. Reserve remaining capers and liquid for another use.
- Pour the butter mixture over the chicken to coat.
- Cover and bake 25 minutes in the preheated oven, until chicken is no longer pink and juices run clear.
- Drizzle with remaining liquid from the baking dish to serve.

Nutrition Facts

PROTEIN 39.45% **FAT 52.31%** **CARBS 8.24%**

Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:13.460869529973%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 37.23mg, Kaempferol: 37.23mg, Kaempferol: 37.23mg, Kaempferol: 37.23mg Quercetin: 48.94mg, Quercetin: 48.94mg, Quercetin: 48.94mg, Quercetin: 48.94mg

Nutrients (% of daily need)

Calories: 252.98kcal (12.65%), Fat: 14.73g (22.66%), Saturated Fat: 8g (50.02%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.76g (1.96%), Cholesterol: 102.82mg (34.27%), Sodium: 1250.77mg (54.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin B3: 12.12mg (60.6%), Selenium: 36.77µg (52.53%), Vitamin B6: 0.87mg (43.63%), Phosphorus: 249.17mg (24.92%), Vitamin B5: 1.64mg (16.45%), Potassium: 487.92mg (13.94%), Magnesium: 42.15mg (10.54%), Vitamin B2: 0.17mg (9.79%), Vitamin A: 472.08IU (9.44%), Copper: 0.17mg (8.35%), Vitamin K: 8.68µg (8.27%), Vitamin C: 6.48mg (7.86%), Vitamin E: 0.98mg (6.51%), Iron: 1.11mg (6.18%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.81mg (5.43%), Fiber: 1.18g (4.7%), Vitamin B12: 0.25µg (4.17%),

Manganese: 0.08mg (3.92%), Folate: 14.16µg (3.54%), Calcium: 24.09mg (2.41%)