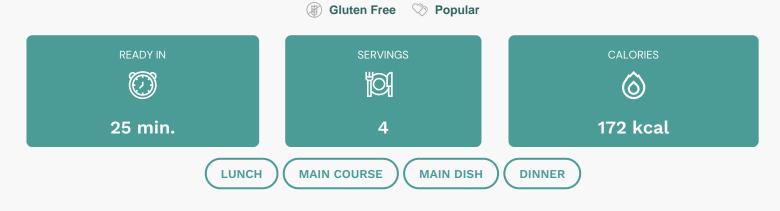


Chicken Cutlets with Caper Sauce



Ingredients

1 tablespoon capers drained

2 tablespoons olive oil extra virgin divided
2 chicken breast halves very thin cut in half, so that you have 4 thin cutlets
4 servings salt
1 large shallots minced
2 garlic cloves minced
0.5 cup chicken stock see
O.3 teaspoon pepper flakes red

	2 cups arugula	
	0.5 fennel bulb shaved thin	
	16 shavings of parmesan cheese paper thin	
Equipment		
	frying pan	
	wooden spoon	
	aluminum foil	
Directions		
	Heat 1 tablespoon olive oil in a stick-free sauté pan over medium-high heat until almost smoking, about 1-2 minutes.	
	Sprinkle salt over the pounded chicken breasts and sear them for 2–3 minutes per side in the hot pan, working in batches so that you do not crowd the pan.	
	Remove the chicken breasts and cover with foil to keep them warm.	
	Add the other tablespoon of olive oil to the pan.	
	Add the shallots and cook 1 minute, stirring often. Do not let them burn, and if they begin to brown rapidly, turn the heat down.	
	Add the garlic and cook another 45 seconds to 1 minute, stirring often.	
	Deglaze pan with wine, add capers, red pepper flakes:	
	Add the white wine and scrape any browned bits off the bottom of the pan with a wooden spoon.	
	Add the capers and red pepper flakes and boil until the wine is almost gone, about 2-4 minutes.	
	Serve with arugula, shaved fennel, shaved Parmesan: To serve, mix the arugula and shaved fennel and put some on each plate. Arrange some shaved parmesan over them.	
	Lay a piece of chicken on each salad, then top with a little of the sauce.	
	Serve hot.	

Nutrition Facts

Properties

Glycemic Index:41, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:10.786086818446%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, L

Nutrients (% of daily need)

Calories: 171.88kcal (8.59%), Fat: 10.03g (15.43%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.38g (2.65%), Cholesterol: 39.78mg (13.26%), Sodium: 442.8mg (19.25%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.12g (30.23%), Vitamin B3: 6.65mg (33.23%), Vitamin K: 34.42µg (32.78%), Selenium: 20.21µg (28.88%), Vitamin B6: 0.51mg (25.47%), Phosphorus: 180.96mg (18.1%), Potassium: 432.46mg (12.36%), Vitamin B5: 0.96mg (9.64%), Vitamin E: 1.41mg (9.43%), Calcium: 87.85mg (8.78%), Vitamin C: 6.8mg (8.25%), Magnesium: 29.86mg (7.47%), Vitamin A: 365.79IU (7.32%), Manganese: 0.14mg (7.24%), Vitamin B2: 0.12mg (7.06%), Folate: 24.3µg (6.08%), Fiber: 1.41g (5.62%), Iron: 0.86mg (4.78%), Zinc: 0.64mg (4.27%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (3.93%), Vitamin B12: 0.16µg (2.68%)