



Chicken Cutlets with Caper Sauce



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 tablespoon capers drained

- ☐ 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



 PROTEIN **35.09%**  FAT **52.39%**  CARBS **12.52%**

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, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

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: 0g (100%), Alcohol %: 0% (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%)