



Chicken Piccata

READY IN



37 min.

SERVINGS



4

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings baby arugula for garnish
- 1 tablespoon capers drained and rinsed
- 4 ounces chicken scaloppini
- 1 tablespoon flour all-purpose divided
- 2 tablespoons parsley fresh plus more for garnish chopped
- 2 garlic cloves finely chopped
- 1 juice of lemon finely grated for optional garnish, 2 tablespoons juice
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup chicken broth low-sodium

- 3 teaspoons olive oil extra-virgin
- 4 servings roasted potatoes whole-wheat for serving
- 1 tablespoon butter unsalted
- 1 teaspoon citrus champagne vinegar

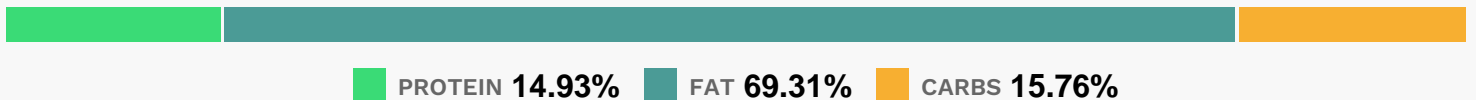
Equipment

- frying pan
- whisk

Directions

- Season the chicken with salt and pepper and sprinkle with 1 tablespoon flour.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat until very hot; cook the cutlets until opaque throughout, 1 to 2 minutes per side.
- Transfer the cutlets to a plate. (Reserve the skillet.) Reduce the heat under the skillet to medium.
- Add the remaining teaspoon oil and garlic to the same skillet; cook until fragrant, about 1 minute.
- Whisk together the broth, lemon juice and 1 teaspoon flour, and add to the pan. Simmer sauce until reduced and thickened, 2 to 3 minutes. Stir in the vinegar, parsley and capers. Swirl in the butter until sauce is shiny and slightly thickened.
- Serve chicken with the sauce. Toss the arugula and freshly grated lemon zest with a light drizzle of olive oil; season to taste with salt and pepper, scatter over chicken.
- Serve with pasta or potatoes as desired.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:5.6886955603309%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 103.95kcal (5.2%), Fat: 8.23g (12.65%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.48g (0.53%), Cholesterol: 17.73mg (5.91%), Sodium: 78.59mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin K: 46.64µg (44.42%), Vitamin A: 516.19IU (10.32%), Vitamin C: 7.84mg (9.5%), Vitamin B3: 1.58mg (7.91%), Manganese: 0.12mg (6.11%), Selenium: 3.64µg (5.2%), Folate: 19.68µg (4.92%), Phosphorus: 44.01mg (4.4%), Vitamin E: 0.64mg (4.29%), Vitamin B6: 0.09mg (4.28%), Iron: 0.68mg (3.75%), Potassium: 120.45mg (3.44%), Vitamin B2: 0.05mg (3.14%), Magnesium: 12.34mg (3.08%), Calcium: 27.47mg (2.75%), Copper: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.22mg (2.18%), Fiber: 0.42g (1.68%), Vitamin B12: 0.08µg (1.29%)