



## Chicken Piccata

READY IN



30 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons butter
- 2 teaspoons capers
- 1 pound chicken breasts sliced thin
- 0.5 cup chicken broth hot
- 0.5 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 1 optional: lemon seeds removed halved
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

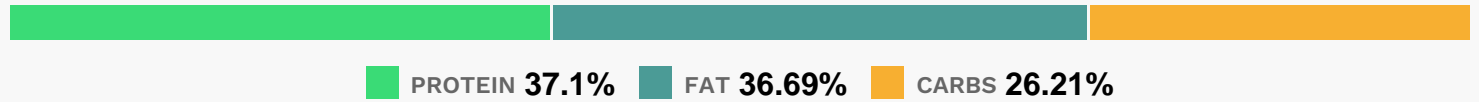
# Equipment

- frying pan
- ziploc bags

# Directions

- Shake flour, salt and pepper in a plastic bag.
- Add chicken pieces in batches to coat.
- Heat butter over medium heat in a skillet and brown each side of the coated chicken. Squeeze fresh lemon juice over the chicken and add capers.
- Remove to a platter and set aside in a warm place.
- To the same pan add butter for the sauce and mix with flour to make a roux. Gradually add chicken broth and allow thickening. Strain sauce, if desired, and serve spooned over chicken.

# Nutrition Facts



# Properties

Glycemic Index:42.92, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:10.305652195993%

# Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

# Nutrients (% of daily need)

Calories: 194.7kcal (9.73%), Fat: 7.88g (12.12%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.74g (4.27%), Sugar: 0.58g (0.64%), Cholesterol: 63.82mg (21.27%), Sodium: 418.27mg (18.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin B3: 8.79mg (43.95%), Selenium: 29.23µg (41.75%), Vitamin B6: 0.59mg (29.37%), Phosphorus: 179.6mg (17.96%), Vitamin C: 10.48mg (12.7%), Vitamin B5: 1.18mg (11.84%), Vitamin B1: 0.17mg (11.43%), Vitamin B2: 0.16mg (9.66%), Potassium: 326.33mg (9.32%), Folate: 31.31µg (7.83%), Manganese: 0.13mg (6.7%), Magnesium: 24.92mg (6.23%), Iron: 1.08mg (6.01%), Vitamin A: 203.34IU (4.07%), Zinc: 0.57mg (3.81%), Fiber: 0.93g (3.72%), Vitamin B12: 0.17µg (2.78%), Copper: 0.05mg (2.71%),

Vitamin E: 0.36mg (2.37%), Calcium: 13.8mg (1.38%)