



## Chicken Piccata

READY IN



30 min.

SERVINGS



2

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup cooking wine dry white
- 1 extra large eggs
- 0.5 cup flour all-purpose
- 2 servings parsley leaves fresh chopped for serving
- 2 servings kosher salt and pepper black freshly ground
- 2 servings optional: lemon sliced for serving
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 2 servings olive oil good
- 0.8 cup seasoned bread crumbs dry

- 1 chicken breasts whole split boneless skinless
- 3 tablespoons butter unsalted divided room temperature
- 0.5 tablespoon water

## Equipment

- frying pan
- paper towels
- baking paper
- oven
- plastic wrap

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Line a sheet pan with parchment paper.
- Place each chicken breast between 2 sheets of parchment paper or plastic wrap and pound out to 1/4-inch thick.
- Sprinkle both sides with salt and pepper.
- Mix the flour, 1/2 teaspoon salt, and 1/4 teaspoon of pepper in a shallow plate. In a second plate, beat the egg and 1/2 tablespoon of water together.
- Place the bread crumbs on a third plate. Dip each chicken breast first in the flour, shake off the excess, and then dip in the egg and bread crumb mixtures.
- Heat 1 tablespoon of olive oil in a large saute pan over medium to medium-low heat.
- Add the chicken breasts and cook for 2 minutes on each side, until browned.
- Place them on the sheet pan and allow them to bake for 5 to 10 minutes while you make the sauce.
- For the sauce, wipe out the saute pan with a dry paper towel. Over medium heat, melt 1 tablespoon of the butter and then add the lemon juice, wine, the reserved lemon halves, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Boil over high heat until reduced in half, about 2 minutes. Off the heat, add the remaining 2 tablespoons of butter and swirl to combine. Discard the lemon halves and serve 1 chicken breast on each plate. Spoon on the sauce and serve with a slice of lemon and a sprinkling of fresh parsley.

# Nutrition Facts

PROTEIN 20.16% FAT 47.62% CARBS 32.22%

## Properties

Glycemic Index:89.75, Glycemic Load:17.65, Inflammation Score:-8, Nutrition Score:33.441738957944%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 791.16kcal (39.56%), Fat: 39.55g (60.84%), Saturated Fat: 14.94g (93.35%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 56.69g (20.62%), Sugar: 4.59g (5.1%), Cholesterol: 222.08mg (74.03%), Sodium: 781.25mg (33.97%), Alcohol: 6.18g (100%), Alcohol %: 2.13% (100%), Protein: 37.67g (75.35%), Selenium: 66.81µg (95.45%), Vitamin K: 97.01µg (92.39%), Vitamin B3: 16.6mg (82.98%), Vitamin B6: 1.04mg (52.17%), Vitamin B1: 0.78mg (52.1%), Phosphorus: 428.83mg (42.88%), Manganese: 0.78mg (38.89%), Folate: 144.65µg (36.16%), Vitamin B2: 0.61mg (35.87%), Vitamin C: 27.34mg (33.14%), Iron: 5.15mg (28.61%), Vitamin B5: 2.59mg (25.91%), Vitamin A: 1138.23IU (22.76%), Vitamin E: 3.25mg (21.67%), Potassium: 716.94mg (20.48%), Magnesium: 71.94mg (17.99%), Fiber: 3.52g (14.1%), Zinc: 2.04mg (13.59%), Calcium: 128.83mg (12.88%), Copper: 0.23mg (11.41%), Vitamin B12: 0.67µg (11.14%), Vitamin D: 0.99µg (6.59%)