



Chicken Piccata

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup capers drained
- 4 servings flour
- 0.3 cup juice of lemon fresh
- 0.3 cup chicken broth canned
- 0.3 cup wine dry white
- 3 tablespoons butter room temperature
- 0.3 cup parsley fresh chopped
- 4 chicken breast halves boneless skinless
- 1.5 tablespoons flour

- 2 tablespoons olive oil

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- baking pan
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 large sheets of plastic wrap. Using meat pounder or rolling pin, lightly pound chicken to 1/4-inch thickness.
- Sprinkle chicken with salt and pepper.
- Mix 1 tablespoon butter and 1 1/2 tablespoons flour in small bowl until smooth.
- Place additional flour in shallow baking dish. Dip chicken into flour to coat; shake off excess.
- Heat 1 tablespoon oil in each of 2 heavy large skillets.
- Add 2 chicken breasts to each skillet and cook until golden and cooked through, about 3 minutes per side.
- Transfer chicken to platter; tent with foil to keep warm.
- Bring wine, lemon juice and broth to boil in 1 skillet over medium-high heat.
- Whisk in butter-flour mixture and boil until sauce thickens slightly, about 2 minutes. Stir in capers, parsley and remaining 2 tablespoons butter. Season sauce to taste with salt and pepper.
- Pour sauce over chicken and serve.

Nutrition Facts



■ PROTEIN 32.94% ■ FAT 53.82% ■ CARBS 13.24%

Properties

Glycemic Index:61.75, Glycemic Load:5.81, Inflammation Score:-7, Nutrition Score:17.583478253821%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg

Nutrients (% of daily need)

Calories: 329.5kcal (16.48%), Fat: 18.79g (28.91%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.6g (3.49%), Sugar: 0.71g (0.78%), Cholesterol: 94.89mg (31.63%), Sodium: 509.48mg (22.15%), Alcohol: 2.06g (100%), Alcohol %: 1.27% (100%), Protein: 25.88g (51.75%), Vitamin K: 69.48µg (66.17%), Vitamin B3: 12.76mg (63.79%), Selenium: 39.93µg (57.04%), Vitamin B6: 0.88mg (43.78%), Phosphorus: 263.47mg (26.35%), Vitamin B5: 1.71mg (17.14%), Vitamin C: 12.72mg (15.41%), Potassium: 499.47mg (14.27%), Vitamin A: 628.2IU (12.56%), Vitamin B2: 0.2mg (11.54%), Vitamin B1: 0.16mg (10.91%), Vitamin E: 1.62mg (10.8%), Magnesium: 40.41mg (10.1%), Folate: 35.17µg (8.79%), Iron: 1.45mg (8.06%), Manganese: 0.13mg (6.35%), Zinc: 0.86mg (5.72%), Copper: 0.1mg (5.13%), Vitamin B12: 0.26µg (4.31%), Fiber: 0.8g (3.19%), Calcium: 22.64mg (2.26%)