



Chicken Piccata

READY IN



40 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 0.3 cup capers
- 0.5 cup wine dry white
- 0.3 cup flour all-purpose
- 2 medium garlic clove finely chopped
- 0.5 teaspoon kosher salt plus more for seasoning
- 0.3 cup juice of lemon freshly squeezed (from)
- 0.3 cup olive oil
- 16 ounce chicken breast boneless skinless

- 5 tablespoons butter unsalted cold cut into 5 pieces

Equipment

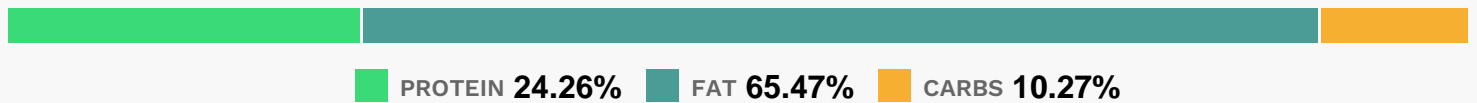
- frying pan
- baking sheet
- paper towels
- whisk
- wire rack
- plastic wrap
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Place the flour in a shallow dish, season generously with salt and pepper, whisk to combine, and set aside. Pat the chicken dry with paper towels and cut each breast in half horizontally to form 2 thin pieces.
- Place 1 piece on a work surface, cover with plastic wrap, and pound to an even 1/4-inch thickness with a meat mallet, a rolling pin, or the bottom of a pan; transfer to a large plate. Repeat with the remaining 3 pieces of chicken. Season both sides with salt and pepper and set aside.
- Heat the oil in a large frying pan over medium heat until shimmering. Meanwhile, fit a wire rack over a baking sheet; set aside. When the oil is ready, dredge 2 pieces of chicken in the seasoned flour, turn to coat both sides, and shake off any excess.
- Place the chicken in the pan and cook until light golden brown around the edges and cooked through, about 3 to 4 minutes per side.
- Transfer to the wire rack, season with salt, and cover loosely with a piece of aluminum foil. Repeat with the remaining 2 pieces of chicken.
- Pour any remaining oil out of the pan, return it to medium heat, and add 1 tablespoon of the butter. When it foams, add the garlic and cook, stirring occasionally, until fragrant, about 30 seconds.

- Add the wine, lemon juice, and measured salt and pepper and scrape up any browned bits from the bottom of the pan. Increase the heat to medium high and bring the mixture to a simmer. Cook until reduced by half and starting to thicken, about 3 to 4 minutes.
- Add the capers, stir to combine, and cook until warmed through, about 30 seconds.
- Remove the pan from the heat.
- Whisk in the remaining 4 tablespoons of butter 1 piece at a time, letting each melt before adding the next, until all of the butter has been added and the sauce has thickened. Taste and season with additional salt and pepper as needed.
- Serve immediately with the chicken piccata, spooning some of the sauce over each piece.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:6.02, Inflammation Score:-6, Nutrition Score:15.278695790664%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.97mg, Quercetin: 18.97mg, Quercetin: 18.97mg, Quercetin: 18.97mg

Nutrients (% of daily need)

Calories: 445.02kcal (22.25%), Fat: 30.88g (47.5%), Saturated Fat: 11.55g (72.16%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.16g (3.7%), Sugar: 0.77g (0.86%), Cholesterol: 110.2mg (36.73%), Sodium: 729.42mg (31.71%), Alcohol: 3.09g (100%), Alcohol %: 1.84% (100%), Protein: 25.74g (51.48%), Vitamin B3: 12.58mg (62.9%), Selenium: 40.39µg (57.7%), Vitamin B6: 0.9mg (44.9%), Phosphorus: 263.79mg (26.38%), Vitamin E: 2.69mg (17.96%), Vitamin B5: 1.73mg (17.28%), Potassium: 484.17mg (13.83%), Vitamin K: 12.65µg (12.05%), Vitamin B2: 0.19mg (11.45%), Vitamin B1: 0.17mg (11.03%), Magnesium: 40.25mg (10.06%), Vitamin C: 8.2mg (9.94%), Vitamin A: 488.17IU (9.76%), Manganese: 0.18mg (8.8%), Folate: 30.06µg (7.51%), Iron: 1.3mg (7.21%), Zinc: 0.84mg (5.63%), Copper: 0.1mg (4.97%), Vitamin B12: 0.26µg (4.28%), Fiber: 0.74g (2.96%), Vitamin D: 0.38µg (2.51%), Calcium: 23.01mg (2.3%)