



 **15%**
HEALTH SCORE

Chicken Piccata

READY IN



40 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups flour for dredging
- 0.3 cup capers rinsed
- 0.5 cup chicken stock see
- 0.3 cup parsley fresh chopped
- 0.3 cup juice of lemon fresh
- 5 tablespoons olive oil extra virgin extra-virgin
- 4 servings pepper black freshly ground
- 2 chicken breast boneless skinless cut in half
- 6 tablespoons butter unsalted

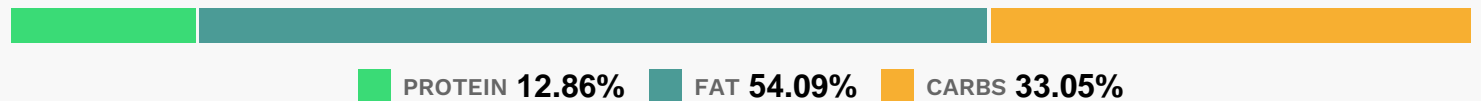
Equipment

- frying pan
- whisk
- stove

Directions

- Watch how to make this recipe.
- Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.
- In a large 10 or 12-inch skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes.
- Remove and transfer to plate. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner.
- Remove pan from heat and add chicken to the plate.
- Reduce heat to medium low and add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes.
- Remove chicken to platter.
- Add remaining 2 tablespoons butter to sauce and whisk vigorously.
- Pour sauce over chicken and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:34.57, Inflammation Score:-8, Nutrition Score:22.163043436797%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin:

0.28mg, Naringenin: 0.28mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin:
0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 14.44mg, Kaempferol: 14.44mg,
Kaempferol: 14.44mg, Kaempferol: 14.44mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin:
0.75mg Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg

Nutrients (% of daily need)

Calories: 617.02kcal (30.85%), Fat: 37.15g (57.16%), Saturated Fat: 13.76g (85.98%), Carbohydrates: 51.08g
(17.03%), Net Carbohydrates: 48.79g (17.74%), Sugar: 1.26g (1.4%), Cholesterol: 82.21mg (27.4%), Sodium: 418.23mg
(18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.75%), Vitamin K: 97.22µg (92.59%),
Selenium: 40.3µg (57.57%), Vitamin B3: 10.22mg (51.11%), Vitamin B1: 0.55mg (36.64%), Folate: 132.96µg (33.24%),
Vitamin B2: 0.42mg (24.78%), Vitamin B6: 0.49mg (24.31%), Manganese: 0.47mg (23.36%), Vitamin E: 3.33mg
(22.18%), Iron: 3.79mg (21.07%), Phosphorus: 205.07mg (20.51%), Vitamin A: 980.7IU (19.61%), Vitamin C: 15.73mg
(19.06%), Vitamin B5: 1.15mg (11.53%), Potassium: 366.99mg (10.49%), Magnesium: 37.56mg (9.39%), Fiber: 2.29g
(9.16%), Copper: 0.18mg (8.89%), Zinc: 0.93mg (6.17%), Calcium: 31.25mg (3.13%), Vitamin D: 0.37µg (2.48%),
Vitamin B12: 0.15µg (2.48%)