



Chicken Piccata

READY IN



25 min.

SERVINGS



2

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken stock see
- 2 large chicken breast
- 0.5 cup flour
- 1 teaspoon honey
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest finely
- 2 servings spring onion white minced
- 2 tablespoons butter cut into small pieces unsalted
- 3 tablespoons vegetable oil

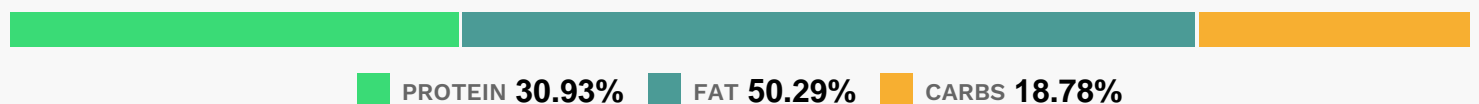
Equipment

- bowl
- frying pan
- knife

Directions

- Use a sharp knife to slice the chicken breast in half. You should end up with two thin fillets that are mirror images of each other. If you don't have a sharp knife or aren't too confident with your knife skills, you can also put the breast in a large Ziploc bag and pound with a mallet until it's about 1/2" thick.
- Put the flour in a shallow bowl. Generously salt and pepper the chicken then, then dredge it in the flour to give it a light coating. Hold the chicken in the air and tap it a few times with your other hand to dust off excess flour.
- Add the oil to a frying pan and heat over medium heat until the oil shimmers and is hot, but not smoking.
- Place two pieces of the chicken in the pan and fry undisturbed until you start seeing the edges start turning a tan color (about 2 minutes). Flip the chicken over then brown the other side.
- Transfer the cooked chicken to a plate, then fry the other two cutlets. To make the sauce, drain out all but a tablespoon of oil, then add the minced scallions. Fry until soft and fragrant.
- Add the chicken stock, then let this boil down until there is almost no liquid left.
- Add the lemon juice and honey, then stir in the butter. Turn off the heat, then add the parsley, capers and lemon zest.
- Pour the sauce of the chicken then serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.64, Glycemic Load:18.85, Inflammation Score:-7, Nutrition Score:28.973043514335%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 713.29kcal (35.66%), Fat: 39.42g (60.65%), Saturated Fat: 12.03g (75.18%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.95g (11.62%), Sugar: 5.61g (6.23%), Cholesterol: 178.34mg (59.45%), Sodium: 437.31mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.56g (109.13%), Vitamin B3: 27.38mg (136.89%), Selenium: 85.79µg (122.55%), Vitamin B6: 1.8mg (89.83%), Phosphorus: 548.39mg (54.84%), Vitamin K: 51.7µg (49.24%), Vitamin B5: 3.41mg (34.12%), Potassium: 1042.15mg (29.78%), Vitamin B1: 0.44mg (29.46%), Vitamin B2: 0.5mg (29.26%), Folate: 81.19µg (20.3%), Magnesium: 73.49mg (18.37%), Vitamin C: 14.1mg (17.08%), Vitamin E: 2.55mg (16.98%), Iron: 2.67mg (14.86%), Manganese: 0.26mg (13.13%), Zinc: 1.75mg (11.7%), Vitamin A: 482.93IU (9.66%), Copper: 0.18mg (9.19%), Vitamin B12: 0.48µg (7.93%), Fiber: 1.18g (4.72%), Calcium: 30.17mg (3.02%), Vitamin D: 0.44µg (2.91%)