



Chicken Piccata

READY IN



31 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 tablespoons butter divided
- ☐ 1.5 tablespoons capers drained
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup flour all-purpose divided
- ☐ 3 tablespoons parsley fresh coarsely chopped
- ☐ 4 medium garlic clove thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.8 cup beef broth fat-free divided
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup shallots finely chopped
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

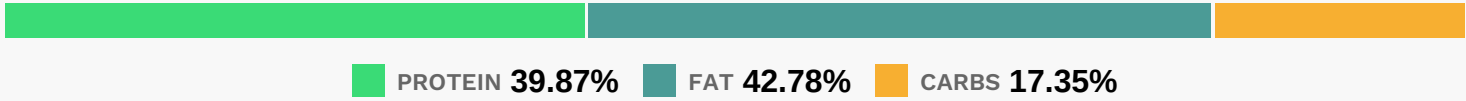
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Place 1 teaspoon flour in a small bowl, and place remaining flour in a shallow dish.
- ☐ Sprinkle both sides of chicken evenly with salt and pepper. Dredge chicken in flour in shallow dish; shake off excess.
- ☐ Melt 1 tablespoon butter in a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add chicken to pan; saut 4 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Heat remaining 1 tablespoon oil in pan; swirl to coat.
- ☐ Add shallots to pan; saut 3 minutes, stirring frequently.
- ☐ Add garlic; saut 1 minute, stirring constantly.
- ☐ Add wine; bring to a boil, scraping pan to loosen browned bits. Cook until liquid almost evaporates, stirring occasionally.
- ☐ Add 1/4 cup broth to reserved 1 teaspoon flour; stir until smooth.
- ☐ Add remaining 1/2 cup broth to pan; bring to a boil. Cook until reduced by half (about 5 minutes). Stir in flour mixture; cook 1 minute or until slightly thick, stirring frequently.
- ☐ Remove from heat; stir in remaining 1 1/2 tablespoons butter, juice, and capers.

- ☐ Place 1 chicken breast half on each of 4 plates; top each serving with about 2 tablespoons sauce.
- ☐ Sprinkle each serving with about 2 teaspoons parsley.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:9.67, Inflammation Score:-7, Nutrition Score:23.547391264335%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 421.67kcal (21.08%), Fat: 18.76g (28.86%), Saturated Fat: 6.47g (40.46%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.91g (5.79%), Sugar: 1.76g (1.95%), Cholesterol: 127.67mg (42.56%), Sodium: 715.85mg (31.12%), Alcohol: 3.09g (100%), Alcohol %: 1.27% (100%), Protein: 39.33g (78.66%), Vitamin B3: 18.82mg (94.09%), Selenium: 60.5µg (86.43%), Vitamin B6: 1.39mg (69.58%), Vitamin K: 55.65µg (53%), Phosphorus: 397.88mg (39.79%), Vitamin B5: 2.6mg (26.01%), Potassium: 848.23mg (24.24%), Vitamin B1: 0.25mg (16.89%), Vitamin B2: 0.27mg (15.85%), Magnesium: 57.85mg (14.46%), Manganese: 0.29mg (14.26%), Vitamin C: 11.18mg (13.55%), Folate: 47.85µg (11.96%), Iron: 1.96mg (10.9%), Vitamin E: 1.61mg (10.76%), Vitamin A: 528.55IU (10.57%), Zinc: 1.28mg (8.54%), Vitamin B12: 0.36µg (5.92%), Copper: 0.11mg (5.52%), Fiber: 1.21g (4.83%), Calcium: 33.14mg (3.31%), Vitamin D: 0.17µg (1.13%)