



Chicken Piccata

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 teaspoon chicken-flavored bouillon granules
- 3 tablespoons cooking wine dry white
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground pepper red
- 3 tablespoons juice of lemon fresh
- 2 teaspoons paprika
- 24 ounce chicken breast halves boneless skinless

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Combine first 4 ingredients in a small saucepan; cook over medium heat until butter melts, stirring often. Set aside, and keep warm.
- Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- Combine flour, paprika, and red pepper in a shallow bowl; dredge chicken in flour mixture.
- Coat a large nonstick skillet with cooking spray; place over medium heat.
- Add chicken, and cook 4 to 5 minutes on each side or until chicken is lightly browned.
- Transfer chicken to a serving plate, and drizzle with wine mixture.
- Sprinkle with chopped parsley, and garnish with lemon slices, if desired.
- carbo rating: 4

Nutrition Facts

 **PROTEIN 62.92%**  **FAT 28.96%**  **CARBS 8.12%**

Properties

Glycemic Index:54.75, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:19.849130376526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg

Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 249.63kcal (12.48%), Fat: 7.54g (11.61%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.62g (0.69%), Cholesterol: 116.45mg (38.82%), Sodium: 341.78mg (14.86%), Alcohol: 1.16g (100%), Alcohol %: 0.72% (100%), Protein: 36.88g (73.75%), Vitamin B3: 18.14mg (90.68%), Selenium: 55.98µg (79.97%), Vitamin B6: 1.31mg (65.67%), Phosphorus: 370.52mg (37.05%), Vitamin K: 34.34µg (32.71%), Vitamin B5: 2.5mg (25%), Potassium: 691.73mg (19.76%), Vitamin A: 852.21IU (17.04%), Magnesium: 50.17mg (12.54%), Vitamin B2: 0.21mg (12.4%), Vitamin C: 9.16mg (11.11%), Vitamin B1: 0.15mg (9.84%), Zinc: 1.1mg (7.36%), Iron: 1.19mg (6.63%), Vitamin B12: 0.35µg (5.79%), Vitamin E: 0.77mg (5.13%), Folate: 19.96µg (4.99%), Manganese: 0.09mg (4.4%), Copper: 0.06mg (3.21%), Fiber: 0.58g (2.34%), Calcium: 17.76mg (1.78%), Vitamin D: 0.17µg (1.13%)