



Chicken Piccata

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast halves boneless skinless ()
- ☐ 0.5 cup flour
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch ground pepper black
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 4 tablespoons butter
- ☐ 0.5 cup chicken stock see dry white (such as a Sauvignon Blanc)

- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup brined capers
- ☐ 2 tablespoons parsley fresh chopped

Equipment

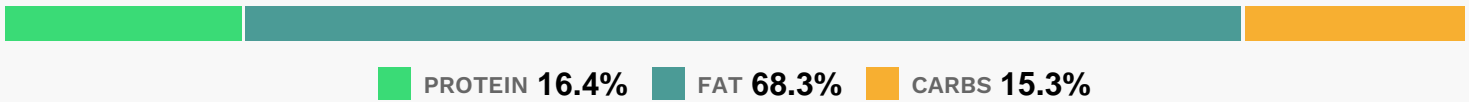
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ spatula

Directions

- ☐ Prepare chicken cutlets, pound them thin: To make chicken cutlets, slice the chicken breast halves horizontally, butterflying them open. If the breast pieces you are working with are large, you may want to cut them each into two pieces.
- ☐ If the pieces are still thick after butterflying, put them between two pieces of plastic wrap and pound them with a meat hammer to 1/4-inch thickness.
- ☐ Dredge cutlets in seasoned flour with Parmesan:
- ☐ Mix together the flour, salt, pepper, and grated Parmesan. Rinse the chicken pieces in water. Dredge them thoroughly in the flour mixture, until well coated.
- ☐ Heat olive oil and 2 tablespoons of the butter in a large skillet on medium high heat.
- ☐ Add half of the chicken pieces, do not crowd the pan. Brown well on each side, about 3 minutes per side.
- ☐ Remove the chicken from the pan and reserve to a plate.
- ☐ Cook the other breasts in the same manner, remove from pan.
- ☐ Place the breasts on a rack over a roasting pan and keep warm in a 225°F oven while you prepare the sauce.
- ☐ Add stock or wine, lemon juice, capers, reduce by half, stir in butter:

- ☐
- Add the chicken stock or white wine, lemon juice, and capers to the pan. Use a spatula to scrape up the browned bits. Reduce the sauce by half.
- ☐
- Whisk in the remaining 2 tablespoons of butter.
- ☐
- Plate the chicken and serve with the sauce poured over the chicken.
- ☐
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:8.65, Inflammation Score:-6, Nutrition Score:12.069999746654%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 14.4mg, Kaempferol: 14.4mg, Kaempferol: 14.4mg, Kaempferol: 14.4mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

Nutrients (% of daily need)

Calories: 390.06kcal (19.5%), Fat: 28.15g (43.31%), Saturated Fat: 10.09g (63.03%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 13.33g (4.85%), Sugar: 0.3g (0.34%), Cholesterol: 69.52mg (23.17%), Sodium: 671.18mg (29.18%), Alcohol: 3.1g (100%), Alcohol %: 2.55% (100%), Protein: 15.2g (30.41%), Vitamin K: 45.16µg (43.01%), Selenium: 24.97µg (35.67%), Vitamin B3: 6.93mg (34.64%), Vitamin B6: 0.44mg (22.07%), Vitamin E: 2.6mg (17.33%), Phosphorus: 165.55mg (16.56%), Vitamin A: 583.41IU (11.67%), Vitamin B1: 0.17mg (11.07%), Vitamin B2: 0.17mg (9.98%), Folate: 38.56µg (9.64%), Vitamin B5: 0.92mg (9.22%), Vitamin C: 6.71mg (8.13%), Iron: 1.35mg (7.49%), Potassium: 259.71mg (7.42%), Manganese: 0.13mg (6.72%), Magnesium: 24.83mg (6.21%), Calcium: 49.6mg (4.96%), Zinc: 0.67mg (4.49%), Copper: 0.08mg (4.24%), Fiber: 0.87g (3.47%), Vitamin B12: 0.19µg (3.12%)