

Chicken Piccata I

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dried
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 lemons for garnish cut into wedges,
- ☐ 0.5 teaspoon salt
- ☐ 6 chicken breasts boneless skinless
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water

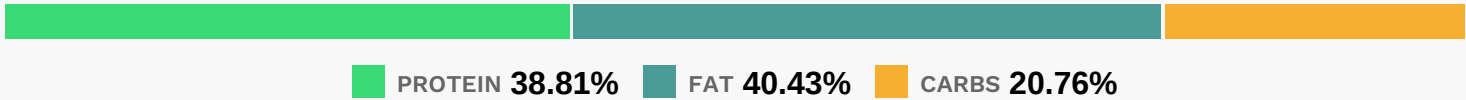
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ tongs

Directions

- ☐ Flatten chicken to 1/4 inch thickness between plastic wrap or waxed paper.
- ☐ Mix egg and water.
- ☐ Mix bread crumbs, salt, pepper and garlic powder. Coat chicken with flour, dip into egg mixture and coat with bread crumb mixture.
- ☐ Heat butter or margarine and oil in 12 inch skillet over medium heat. Cook chicken for 8 to 10 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- ☐ Remove chicken from skillet using tongs; keep warm.
- ☐ Stir lemon juice and wine into drippings in skillet.
- ☐ Heat to boiling; pour over chicken.
- ☐ Sprinkle with chopped fresh parsley, and serve with lemon wedges for garnish.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:16.614347955455%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg Hesperetin: 10.79mg, Hesperetin: 10.79mg, Hesperetin: 10.79mg, Hesperetin: 10.79mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 283.74kcal (14.19%), Fat: 12.57g (19.34%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.9g (4.69%), Sugar: 1.68g (1.87%), Cholesterol: 99.6mg (33.2%), Sodium: 446.85mg (19.43%), Alcohol: 0.51g (100%), Alcohol %: 0.34% (100%), Protein: 27.15g (54.3%), Vitamin B3: 12.75mg (63.77%), Selenium: 42.62µg (60.88%), Vitamin B6: 0.91mg (45.4%), Vitamin C: 23.27mg (28.2%), Phosphorus: 281.21mg (28.12%), Vitamin K: 20.28µg (19.32%), Vitamin B5: 1.88mg (18.81%), Potassium: 517.36mg (14.78%), Vitamin B1: 0.22mg (14.69%), Vitamin B2: 0.22mg (12.93%), Magnesium: 39.65mg (9.91%), Iron: 1.51mg (8.4%), Manganese: 0.17mg (8.36%), Folate: 33.24µg (8.31%), Fiber: 1.62g (6.47%), Zinc: 0.96mg (6.39%), Vitamin A: 305.26IU (6.11%), Vitamin E: 0.89mg (5.9%), Vitamin B12: 0.33µg (5.46%), Copper: 0.08mg (4.18%), Calcium: 40.05mg (4.01%), Vitamin D: 0.26µg (1.73%)