

Chicken Piccata II

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 2 teaspoons chicken powder
- 1 eggs
- 0.3 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 3 tablespoons juice of lemon
- 0.1 teaspoon paprika
- 4 chicken breast boneless skinless
- 0.5 cup water boiling

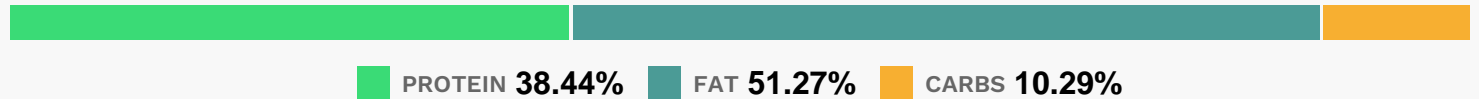
Equipment

- bowl
- frying pan

Directions

- In a small bowl, beat the egg together with 1 tablespoon of the lemon juice. Set aside.
- In a shallow bowl or dish mix together the flour, garlic powder and paprika. Dip the chicken in the egg/lemon mixture, then in the seasoned flour.
- In a large skillet, melt butter/margarine and brown the coated chicken pieces.
- Dissolve the bouillon in the boiling water, then add the remaining 2 tablespoons of lemon juice.
- Pour liquid into skillet. Cover and let simmer for 20 minutes, turning chicken pieces after 10 minutes, until chicken is tender.
- Garnish as desired and serve.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:4.32, Inflammation Score:-4, Nutrition Score:13.689130508381%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 280.34kcal (14.02%), Fat: 15.73g (24.2%), Saturated Fat: 8.33g (52.06%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.83g (2.48%), Sugar: 0.54g (0.6%), Cholesterol: 143.87mg (47.96%), Sodium: 478.52mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Vitamin B3: 12.3mg (61.52%), Selenium: 42.64µg (60.92%), Vitamin B6: 0.88mg (43.9%), Phosphorus: 274.07mg (27.41%), Vitamin B5: 1.85mg (18.52%), Potassium: 462.27mg (13.21%), Vitamin B2: 0.21mg (12.56%), Vitamin A: 479.32IU (9.59%), Vitamin B1: 0.14mg (9.54%), Magnesium: 34.42mg (8.6%), Vitamin C: 5.72mg (6.94%), Folate: 27.06µg (6.76%), Zinc: 0.88mg (5.86%),

Vitamin B12: 0.35µg (5.85%), Iron: 1.01mg (5.63%), Vitamin E: 0.7mg (4.7%), Manganese: 0.08mg (3.9%), Copper: 0.06mg (2.86%), Vitamin D: 0.33µg (2.22%), Calcium: 20.04mg (2%), Vitamin K: 1.33µg (1.26%), Fiber: 0.27g (1.1%)