



 **17%**  
HEALTH SCORE

## Chicken Piccata III

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.8 cup chicken stock see
- 1 cup flour all-purpose
- 4 ounces mushrooms fresh sliced
- 4 ounces mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 0.3 cup juice of lemon
- 0.5 teaspoon paprika

- 4 servings salt and pepper to taste
- 1 pound chicken breast halves boneless skinless cut into thin strips
- 0.3 cup vegetable oil

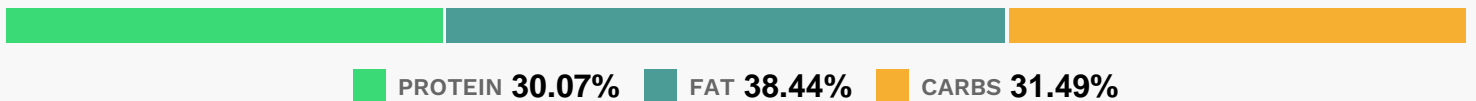
## Equipment

- bowl
- frying pan

## Directions

- In a shallow bowl, mix together flour, paprika, and salt and pepper. Dredge chicken pieces in the seasoned flour.
- Heat oil in a large skillet over medium heat, and saute chicken until light golden brown (about 45 seconds each side).
- Remove chicken from skillet, and set aside.
- To skillet, add mushrooms, lemon juice, and chicken stock. Simmer until a smooth, light sauce develops. Season with garlic powder. Return chicken to the skillet, and simmer until chicken is no longer pink and juices run clear. Stir in artichoke hearts, and remove from heat.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:17.68, Inflammation Score:-5, Nutrition Score:21.365652063619%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 420.34kcal (21.02%), Fat: 17.67g (27.19%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 29.46g (10.71%), Sugar: 3.1g (3.45%), Cholesterol: 73.92mg (24.64%), Sodium: 760.05mg (33.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin B3: 16.47mg (82.36%), Selenium: 53.27µg (76.09%), Vitamin B6: 0.97mg (48.4%), Phosphorus: 336.35mg (33.64%), Vitamin B2: 0.54mg

(31.76%), Vitamin B5: 2.63mg (26.31%), Vitamin B1: 0.39mg (25.71%), Vitamin K: 25.67µg (24.45%), Potassium: 706.48mg (20.19%), Folate: 76.96µg (19.24%), Copper: 0.29mg (14.33%), Manganese: 0.27mg (13.34%), Iron: 2.34mg (12.99%), Fiber: 3.11g (12.42%), Magnesium: 44.92mg (11.23%), Vitamin C: 8.55mg (10.36%), Vitamin E: 1.47mg (9.77%), Zinc: 1.26mg (8.43%), Vitamin B12: 0.25µg (4.16%), Vitamin A: 159.42IU (3.19%), Calcium: 15.31mg (1.53%), Vitamin D: 0.23µg (1.51%)