



Chicken Piccata Pasta Toss

READY IN



30 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 tablespoons butter
- 3 tablespoons capers drained
- 1.3 pounds chicken breast tenders cut into 1-inch pieces
- 1 cup chicken broth
- 4 servings chives snipped chopped for garnish
- 0.5 cup flat-leaf parsley chopped
- 2 tablespoons flour all-purpose
- 4 cloves garlic chopped
- 1 juice of lemon juiced

- 2 tablespoons olive oil extra-virgin
- 1 pound penne rigate pasta cooked
- 4 servings salt and pepper
- 2 shallots chopped
- 0.5 cup white wine

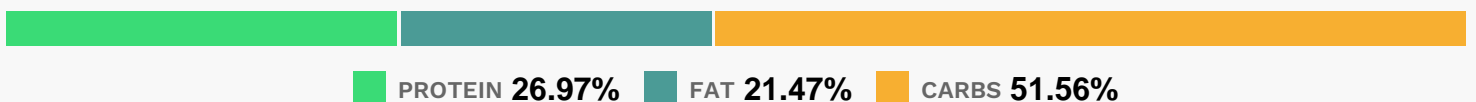
Equipment

- frying pan
- whisk

Directions

- Watch how to make this recipe.
- Heat a deep nonstick skillet over medium high heat.
- Add a tablespoon of extra-virgin olive oil and the chicken to the pan. Season chicken with salt and pepper. Brown chicken until lightly golden all over, about 5 to 6 minutes.
- Remove chicken from pan and return the skillet to the heat. Reduce heat to medium.
- Add another tablespoon extra-virgin olive oil and 1 tablespoon butter, the garlic and shallots to the skillet.
- Saute garlic and shallots 3 minutes.
- Add flour and cook 2 minutes.
- Whisk in wine and reduce liquid 1 minute.
- Whisk lemon juice and broth into sauce. Stir in capers and parsley. When the liquid comes to a bubble, add remaining 1/2 tablespoon butter to the sauce to give it a little shine.
- Add chicken back to the pan and heat through, 1 to 2 minutes. Toss hot pasta with chicken and sauce and serve. Adjust salt and pepper, to your taste. Top with fresh snipped chives.

Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:37.1, Inflammation Score:-8, Nutrition Score:32.720869551534%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 753.87kcal (37.69%), Fat: 17.21g (26.48%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 93g (31%), Net Carbohydrates: 88.32g (32.12%), Sugar: 4.89g (5.43%), Cholesterol: 109.23mg (36.41%), Sodium: 801.87mg (34.86%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 48.64g (97.28%), Selenium: 122.31µg (174.73%), Vitamin K: 131.89µg (125.61%), Vitamin B3: 18.28mg (91.39%), Vitamin B6: 1.4mg (70.18%), Manganese: 1.26mg (62.94%), Phosphorus: 563.12mg (56.31%), Magnesium: 113.91mg (28.48%), Vitamin B5: 2.78mg (27.83%), Potassium: 957.98mg (27.37%), Copper: 0.44mg (22.02%), Vitamin C: 17.47mg (21.17%), Fiber: 4.68g (18.72%), Zinc: 2.78mg (18.52%), Vitamin B2: 0.3mg (17.79%), Vitamin B1: 0.27mg (17.73%), Iron: 3.16mg (17.55%), Vitamin A: 862.56IU (17.25%), Folate: 53.45µg (13.36%), Vitamin E: 1.7mg (11.32%), Calcium: 62.61mg (6.26%), Vitamin B12: 0.32µg (5.38%), Vitamin D: 0.15µg (1.01%)