



 **34%**  
HEALTH SCORE

## Chicken Piccata With Angel Hair Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup flour
- 0.3 pound angel hair pasta
- 1 chicken breast boneless
- 2 Tablespoons capers
- 1 cup chicken broth
- 2 tablespoons basil fresh
- 2 tablespoons basil fresh
- 2 garlic clove diced finely
- 2 servings salt and pepper black

- 1 teaspoon lemon zest freshly grated
- 2 optional: lemon
- 3 tablespoons olive oil
- 0.3 teaspoon pepper red
- 0.5 cup roma tomatoes diced
- 1 Tablespoon butter unsalted

## Equipment

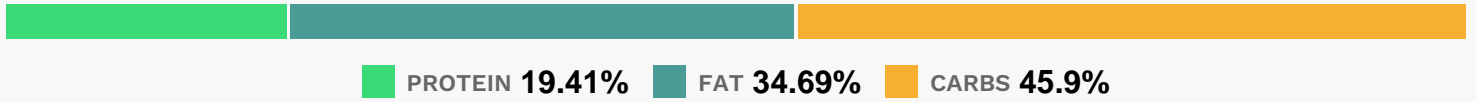
- bowl
- frying pan
- knife
- whisk
- wooden spoon
- aluminum foil
- wax paper

## Directions

- Place cup of flour in a shallow dish. Using a sharp knife, slice chicken breast in half.
- Place a piece of wax paper on top of each piece of chicken and pound with a kitchen mallet until it is about inch thin. Season the chicken well with salt and pepper. Take the chicken and roll it into the flour, using your fingers to assist in adhering it to the meat. Carefully shake off excess flour. Repeat with second piece of chicken. In a large skillet, heat 2 tablespoons olive oil over medium heat. Slide chicken into the skillet and saute on each side until it becomes golden brown, about 3-4 minutes each side. Once chicken is done, transfer to a clean plate and tent with a sheet of aluminum foil. Begin boiling the pasta. Using the same skillet, add remaining olive oil and saute garlic until it becomes aromatic but not browned.
- Add chili flakes, capers, lemon juice, lemon slices, zest, and chicken broth. Use a wooden spoon to scrape off the tasty brown bits from the bottom of the skillet. Raise the temperature to medium high heat and allow the liquid to reduce by almost half. While the liquid is reducing, use a fork to mash together remaining 1 tablespoon of flour and butter in a small bowl.
- Whisk it into the reducing liquid and allow to cook for 1-2 minutes. Be sure to whisk out any lumps of flour. Check for seasonings and adjust with salt/pepper accordingly.

- Drain the cooked pasta. Toss the pasta in the lemon caper sauce, tomatoes, and basil, reserving a few spoonfuls of sauce. Check for seasonings and adjust with salt/pepper accordingly. Plate pasta and top each with a piece of chicken. Spoon extra lemon caper sauce over the chicken and pasta.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:175.25, Glycemic Load:42.65, Inflammation Score:-9, Nutrition Score:33.741304347826%

### Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

### Nutrients (% of daily need)

Calories: 816.29kcal (40.81%), Fat: 31.89g (49.06%), Saturated Fat: 7.5g (46.85%), Carbohydrates: 94.96g (31.65%), Net Carbohydrates: 87.39g (31.78%), Sugar: 7g (7.78%), Cholesterol: 89.72mg (29.91%), Sodium: 998.61mg (43.42%), Protein: 40.15g (80.3%), Selenium: 96.1µg (137.28%), Vitamin C: 69.99mg (84.84%), Vitamin B3: 15.78mg (78.89%), Manganese: 1.18mg (59.23%), Vitamin B6: 1.15mg (57.68%), Phosphorus: 460.29mg (46.03%), Vitamin K: 37.08µg (35.32%), Vitamin B1: 0.49mg (32.39%), Fiber: 7.57g (30.29%), Vitamin E: 4.23mg (28.23%), Potassium: 965.93mg (27.6%), Vitamin B2: 0.44mg (25.76%), Folate: 101.13µg (25.28%), Magnesium: 99.26mg (24.82%), Vitamin B5: 2.38mg (23.83%), Iron: 4.22mg (23.47%), Copper: 0.45mg (22.27%), Vitamin A: 1024.57IU (20.49%), Zinc: 2.3mg (15.34%), Calcium: 84.79mg (8.48%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.22µg (1.45%)