



## Chicken Piccata with Angel Hair Pasta

READY IN



55 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup butter divided
- ☐ 2 tablespoons capers
- ☐ 0.3 cup chicken broth
- ☐ 8 ounce angel hair pasta cooked drained
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper fresh black

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 1 pound chicken breast halves boneless skinless cut into 2-inch pieces thin

## Equipment

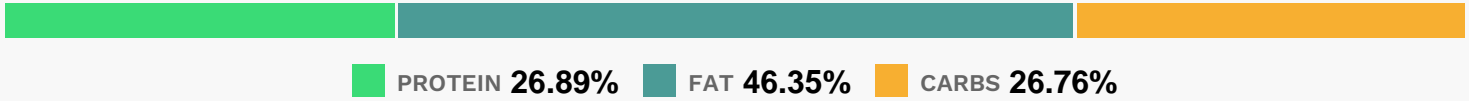
- ☐ frying pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Whisk together flour, black pepper, and paprika in a shallow dish. Dredge the chicken pieces in the flour mixture, coating evenly; set aside.
- ☐ Heat olive oil in a large skillet over medium-high heat; stir and cook the garlic until light brown, about 1 minute.
- ☐ Remove the garlic from the skillet and set aside.
- ☐ Place 2 tablespoons of butter into the skillet with the olive oil. Cook the chicken pieces in the oil and butter over medium-high heat until brown, about 5 minutes per side.
- ☐ Remove the chicken from the pan and set aside.
- ☐ Pour the wine into the hot skillet and bring to a boil over high heat, scraping the browned pieces from the bottom and sides of the pan. Boil the wine until it is reduced by half, about 5 minutes.
- ☐ Whisk in the chicken broth, reserved garlic, lemon juice and capers. Cook for 5 minutes over medium-high heat. Stir in the remaining 2 tablespoons butter and parsley. Return the chicken pieces to the skillet and continue cooking over medium heat until the sauce thickens, about 15 minutes.
- ☐ Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes.
- ☐ Drain well.

- ☐ Remove the chicken pieces to a serving dish and drizzle with a few tablespoons of the sauce and capers.
- ☐ Place the cooked angel hair pasta into the skillet with the remaining piccata sauce and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:74.38, Glycemic Load:14.09, Inflammation Score:-7, Nutrition Score:18.900434649509%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

## Nutrients (% of daily need)

Calories: 477.53kcal (23.88%), Fat: 22.22g (34.19%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 27.24g (9.9%), Sugar: 1.45g (1.61%), Cholesterol: 103.47mg (34.49%), Sodium: 411.61mg (17.9%), Alcohol: 6.18g (100%), Alcohol %: 2.58% (100%), Protein: 29.01g (58.02%), Selenium: 55.25µg (78.93%), Vitamin B3: 12.87mg (64.34%), Vitamin B6: 0.93mg (46.71%), Vitamin K: 39.81µg (37.91%), Phosphorus: 301.78mg (30.18%), Manganese: 0.39mg (19.42%), Vitamin B5: 1.81mg (18.08%), Potassium: 541.17mg (15.46%), Magnesium: 52.32mg (13.08%), Vitamin B2: 0.21mg (12.59%), Vitamin C: 10.33mg (12.52%), Vitamin A: 626.19IU (12.52%), Vitamin B1: 0.18mg (12.11%), Iron: 2.1mg (11.67%), Vitamin E: 1.71mg (11.41%), Folate: 35.71µg (8.93%), Zinc: 1.18mg (7.84%), Copper: 0.13mg (6.64%), Fiber: 1.63g (6.53%), Vitamin B12: 0.25µg (4.25%), Calcium: 28.33mg (2.83%)