



Chicken Piccata with Artichoke Hearts

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.8 ounce artichoke hearts drained chopped canned
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 0.3 cup capers with liquid
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.8 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon garlic powder

- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 onion minced
- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless cut into thirds
- ☐ 0.5 cup white wine

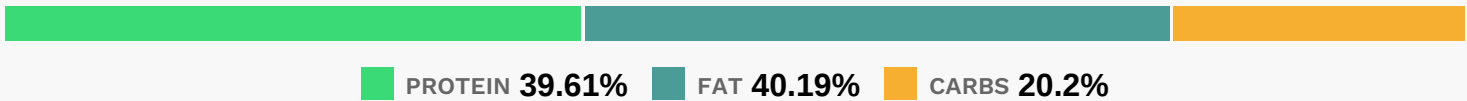
Equipment

- ☐ frying pan

Directions

- ☐ Mix together the flour, garlic powder, salt, pepper, and Italian seasoning on a plate. One by one, dredge the chicken pieces lightly in the prepared flour mixture.
- ☐ Heat the olive oil in a large skillet over medium-high heat. Cook the chicken pieces for 2 minutes per side, or until nicely browned.
- ☐ Remove from the skillet and set aside.
- ☐ Using the same skillet, cook and stir the garlic and onion until translucent, about 5 minutes.
- ☐ Pour the white wine into the skillet, turn the heat to high, and cook until the wine reduces by half, 4 to 5 minutes.
- ☐ Add the chicken broth, lemon juice, artichoke hearts, reserved artichoke liquid, and browned chicken to the skillet. Reduce the heat to medium and cook until the sauce thickens, about 20 minutes. Stir in the capers and butter.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:13.71, Inflammation Score:-7, Nutrition Score:22.771304524463%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 14.55mg, Kaempferol: 14.55mg, Kaempferol: 14.55mg, Kaempferol: 14.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.51mg, Quercetin: 24.51mg, Quercetin: 24.51mg, Quercetin: 24.51mg

Nutrients (% of daily need)

Calories: 580.83kcal (29.04%), Fat: 24.31g (37.41%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 24.38g (8.86%), Sugar: 2.53g (2.81%), Cholesterol: 138.75mg (46.25%), Sodium: 1482.99mg (64.48%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 53.92g (107.84%), Selenium: 63.53µg (90.76%), Vitamin B3: 15.8mg (79%), Vitamin B6: 1.12mg (55.99%), Phosphorus: 438.6mg (43.86%), Zinc: 3.54mg (23.57%), Vitamin B2: 0.36mg (21.45%), Vitamin B12: 1.27µg (21.09%), Potassium: 683.85mg (19.54%), Iron: 3.33mg (18.48%), Vitamin B1: 0.28mg (18.47%), Vitamin B5: 1.79mg (17.89%), Magnesium: 65.06mg (16.26%), Folate: 59.89µg (14.97%), Manganese: 0.29mg (14.55%), Vitamin E: 1.89mg (12.59%), Fiber: 3.12g (12.48%), Vitamin K: 11.95µg (11.39%), Copper: 0.17mg (8.75%), Vitamin C: 7mg (8.49%), Vitamin A: 411.48IU (8.23%), Calcium: 44.94mg (4.49%), Vitamin D: 0.22µg (1.44%)