



Chicken Piccata with Artichokes

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup artichoke hearts canned chopped
- 2 Tablespoons capers
- 4 chicken breast boneless cut in to 1 inch cubes
- 4 tablespoons olive oil extra virgin
- 2 tablespoons flat parsley
- 6 servings flour all-purpose for dredging
- 0.3 cup juice of lemon
- 6 servings parmesan cheese freshly grated
- 12 oz penne rigate cooked

- 0.5 teaspoon pepper
- 1 cup chicken broth
- 6 servings salt

Equipment

- bowl
- frying pan

Directions

- In a large bowl combine chicken with salt and pepper. Lightly dredge the chicken. In a large skillet on medium heat pour in extra virgin olive oil.
- Add chicken and cook until brown and juices run clear, about 12 minutes. Stir in chicken broth, lemon juice, capers and artichokes and cook for 3 minutes. Reduce to simmer for 3 minutes. Stir in penne rigate until combined.
- Add in parsley and transfer to serving bowl.
- Sprinkle with parmesan cheese.

Nutrition Facts



PROTEIN 36% **FAT 39.21%** **CARBS 24.79%**

Properties

Glycemic Index: 31.25, Glycemic Load: 12.17, Inflammation Score: -6, Nutrition Score: 24.574347826087%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Taste

Sweetness: 13.38%, Saltiness: 100%, Sourness: 24.58%, Bitterness: 23.93%, Savoriness: 65.8%, Fattiness: 67.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 528.59kcal (26.43%), Fat: 22.54g (34.68%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 29.27g (10.64%), Sugar: 1.45g (1.62%), Cholesterol: 122.53mg (40.84%), Sodium: 1306.56mg (56.81%), Protein: 46.56g (93.13%), Selenium: 76.28µg (108.97%), Vitamin B3: 17mg (84.98%), Vitamin B6: 1.2mg (59.82%), Phosphorus: 561.77mg (56.18%), Calcium: 284.07mg (28.41%), Vitamin K: 29.25µg (27.86%), Vitamin B5: 2.37mg (23.67%), Potassium: 704.23mg (20.12%), Vitamin B2: 0.32mg (18.92%), Zinc: 2.59mg (17.24%), Magnesium: 64.57mg (16.14%), Manganese: 0.31mg (15.47%), Vitamin E: 1.88mg (12.52%), Vitamin B12: 0.75µg (12.43%), Vitamin B1: 0.18mg (11.99%), Iron: 2.06mg (11.43%), Fiber: 2.79g (11.17%), Vitamin C: 8.94mg (10.84%), Vitamin A: 422.43IU (8.45%), Copper: 0.16mg (7.84%), Folate: 30.9µg (7.73%), Vitamin D: 0.3µg (2%)