



Chicken Piccata with Capers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon regular capers white (such as Alessi)
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh (1 lemon)
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce chicken breast halves boneless skinless

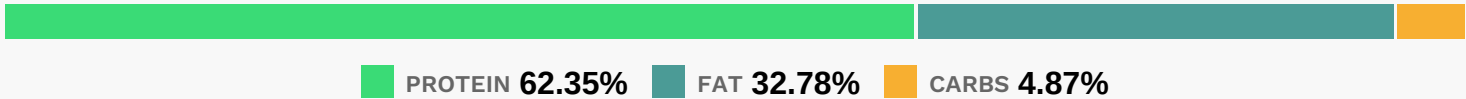
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness.
- ☐ Sprinkle with salt.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 to 4 minutes on each side or until golden brown.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add broth and lemon juice to pan, scraping pan to loosen browned bits. Cook, uncovered, over high heat 30 seconds or until slightly reduced. Stir in capers.
- ☐ Pour sauce over chicken.
- ☐ Sprinkle with parsley and pepper.
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:20.669130286445%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 242.81kcal (12.14%), Fat: 8.53g (13.12%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.65g (1.84%), Cholesterol: 108.86mg (36.29%), Sodium: 608.41mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.5g (73%), Vitamin B3: 17.97mg (89.84%), Selenium: 55.09µg (78.7%), Vitamin K: 68.76µg (65.48%), Vitamin B6: 1.29mg (64.46%), Phosphorus: 365.76mg (36.58%), Vitamin B5: 2.5mg (24.97%), Potassium: 687.86mg (19.65%), Vitamin C: 13.17mg (15.96%), Magnesium: 48.8mg (12.2%), Vitamin B2: 0.18mg (10.75%), Vitamin B1: 0.12mg (7.88%), Vitamin A: 390.26IU (7.81%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.4µg (6.62%), Vitamin E: 0.95mg (6.36%), Iron: 1.04mg (5.75%), Folate: 16.21µg (4.05%), Manganese: 0.08mg (4%), Copper: 0.07mg (3.27%), Calcium: 19.55mg (1.95%), Vitamin D: 0.17µg (1.13%)