



## Chicken Piccata with Lemon, Capers and Artichoke Hearts

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce artichoke hearts quartered canned
- 0.3 cup capers drained
- 0.5 cup cooking wine dry white
- 0.3 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 4 servings salt and ground pepper black
- 0.3 cup juice of lemon fresh

- 0.5 teaspoon lemon zest finely grated
- 0.5 cup lima beans \*soaked overnight frozen
- 0.5 cup chicken broth reduced-sodium
- 1 tablespoon olive oil
- 0.5 teaspoon paprika
- 1 cup quick-cooking brown rice
- 16 ounce chicken breast halves boneless skinless

## Equipment

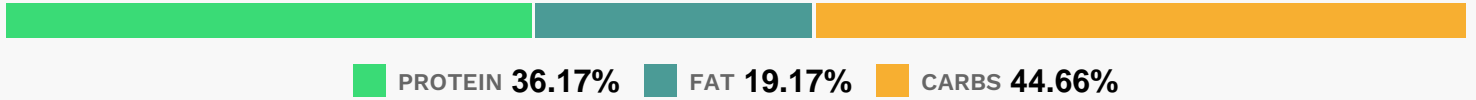
- frying pan
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Watch how to make this recipe.
- Place chicken in zip-top bags and pound with a meat mallet or rolling pin until 1/4-inch thick.
- Remove chicken from bag and season all over with salt and black pepper. In a shallow dish (or plastic bag), combine flour, lemon zest, paprika, and garlic powder.
- Mix well.
- Add chicken and turn to coat.
- Remove chicken from flour mixture and shake off excess flour.
- Heat oil in a large skillet over medium-high heat.
- Add chicken and saute 2 minutes per side, until golden brown and cooked through.
- Add lemon juice, wine and chicken broth and bring to a simmer. Simmer 5 minutes, until chicken is cooked through and sauce thickens.
- Add artichoke hearts and capers and simmer 1 minute to heat through.
- Cook rice according to package directions, adding lima beans at the beginning of cooking process.

Serve chicken and sauce with rice.

## Nutrition Facts



### Properties

Glycemic Index:43.38, Glycemic Load:6.93, Inflammation Score:-7, Nutrition Score:19.706087070963%

### 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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg

### Nutrients (% of daily need)

Calories: 367.26kcal (18.36%), Fat: 7.18g (11.04%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 33.18g (12.06%), Sugar: 2.29g (2.54%), Cholesterol: 72.57mg (24.19%), Sodium: 814.59mg (35.42%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 30.46g (60.93%), Vitamin B3: 14.6mg (73%), Selenium: 49.16µg (70.23%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 319.93mg (31.99%), Folate: 108.44µg (27.11%), Vitamin B1: 0.4mg (26.74%), Manganese: 0.49mg (24.35%), Vitamin B5: 1.9mg (19.01%), Potassium: 634.59mg (18.13%), Iron: 3.26mg (18.12%), Fiber: 4.43g (17.73%), Magnesium: 53.65mg (13.41%), Vitamin B2: 0.22mg (12.86%), Copper: 0.2mg (10.19%), Vitamin C: 8.06mg (9.77%), Zinc: 1.39mg (9.29%), Vitamin E: 0.97mg (6.48%), Vitamin K: 6.03µg (5.75%), Vitamin B12: 0.26µg (4.27%), Vitamin A: 173.84IU (3.48%), Calcium: 26.81mg (2.68%)