



 **14%**
HEALTH SCORE

Chicken Piccata with Orzo

READY IN



20 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter chilled cut into small pieces
- 1 tablespoon capers
- 16 ounce chicken cutlets
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.5 cup beef broth fat-free

- 1 tablespoon olive oil
- 1 cup orzo pasta uncooked
- 0.3 cup wine

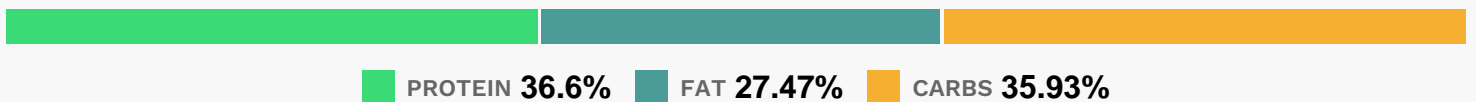
Equipment

- frying pan

Directions

- Cook orzo according to package directions.
- Drain. Stir in rind.
- While orzo cooks, heat a large skillet over medium-high heat.
- Sprinkle chicken with salt and pepper.
- Add oil to pan; swirl to coat.
- Add chicken; cook 3 minutes on each side or until done.
- Remove from pan; keep warm.
- Add wine; cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits.
- Add broth and lemon juice; bring to a boil. Cook 2 minutes or until reduced to 1/2 cup.
- Remove from heat; add butter, stirring until butter melts. Stir in parsley and capers.
- Serve over orzo.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:11.35, Inflammation Score:-5, Nutrition Score:17.547826310863%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg,

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 341.4kcal (17.07%), Fat: 9.89g (15.22%), Saturated Fat: 3.04g (19%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 27.64g (10.05%), Sugar: 1.31g (1.46%), Cholesterol: 80.1mg (26.7%), Sodium: 414.08mg (18%), Alcohol: 1.54g (100%), Alcohol %: 0.92% (100%), Protein: 29.65g (59.31%), Selenium: 60.08µg (85.83%), Vitamin B3: 12.53mg (62.65%), Vitamin B6: 0.92mg (45.81%), Vitamin K: 36.17µg (34.45%), Phosphorus: 314.53mg (31.45%), Manganese: 0.4mg (20%), Vitamin B5: 1.81mg (18.07%), Potassium: 593.76mg (16.96%), Magnesium: 53.18mg (13.3%), Vitamin B2: 0.15mg (8.57%), Vitamin C: 6.85mg (8.3%), Zinc: 1.24mg (8.28%), Copper: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.4%), Iron: 1.15mg (6.39%), Fiber: 1.48g (5.92%), Vitamin E: 0.88mg (5.89%), Vitamin A: 294.13IU (5.88%), Folate: 15.94µg (3.99%), Vitamin B12: 0.23µg (3.88%), Calcium: 21.54mg (2.15%)