



HEALTH SCORE

57%

Chicken Piccata with Summer Vegetable Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup strips bell pepper red () (1 medium)
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons capers
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup green onions sliced
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion thinly sliced ()
- ☐ 3 ounces parmesan cheese fresh divided grated
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless trimmed
- ☐ 8 ounces blend spaghetti whole wheat uncooked
- ☐ 1.3 cups matchstick-cut squash yellow (1 medium)
- ☐ 1.5 cups matchstick-cut zucchini (1 medium)

Equipment

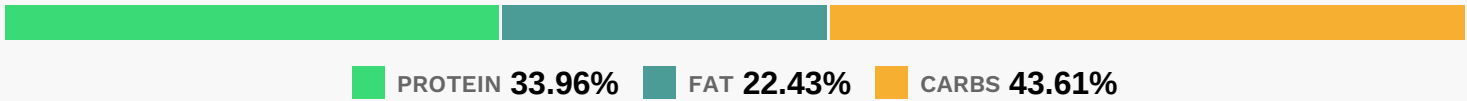
- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add bell pepper and onion; saut 8 minutes or until tender and beginning to brown.
- ☐ Place onion mixture in a large bowl; keep warm. Return pan to medium-high heat. Recoat pan with cooking spray.
- ☐ Add zucchini and yellow squash; saut 4 minutes or until crisp-tender.
- ☐ Add tomatoes and garlic; saut 2 minutes.
- ☐ Add squash mixture to reserved onion mixture. Keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Add pasta and reserved cooking liquid to vegetable mixture, stirring to combine.
- ☐ Add 1/2 cup Parmesan cheese and basil; toss to combine. Keep warm.
- ☐ Sprinkle both sides of chicken with salt and 1/4 teaspoon black pepper.

- ☐ Place the flour in a shallow bowl. Dredge chicken in flour, turning to coat; shake off excess flour.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Add olive oil to pan, swirling to coat.
- ☐ Add chicken, and cook 4 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add broth, juice, and capers to pan, scraping pan to loosen browned bits. Bring to a boil; cook 3 minutes.
- ☐ Remove from heat.
- ☐ Add green onions, butter, and remaining 1/4 teaspoon black pepper; stir until butter melts.
- ☐ Arrange about 1 cup pasta mixture on each of 4 plates; top each serving with 1 chicken breast half, 1/4 cup sauce, and 1 tablespoon remaining cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:27.63, Inflammation Score:-10, Nutrition Score:43.515652153803%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 5.63mg, Kaempferol: 5.63mg, Kaempferol: 5.63mg, Kaempferol: 5.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg

Nutrients (% of daily need)

Calories: 661.24kcal (33.06%), Fat: 16.42g (25.25%), Saturated Fat: 6.83g (42.67%), Carbohydrates: 71.82g (23.94%), Net Carbohydrates: 66.01g (24.01%), Sugar: 8.65g (9.61%), Cholesterol: 130.85mg (43.62%), Sodium: 1183.37mg (51.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.91g (111.83%), Selenium: 103.43µg (147.75%), Vitamin A: 6688.47IU (133.77%), Vitamin C: 90.18mg (109.31%), Vitamin B3: 21.67mg (108.33%), Vitamin B6: 1.75mg (87.64%), Phosphorus: 711.47mg (71.15%), Manganese: 1.08mg (53.78%), Vitamin K: 47.47µg (45.21%), Potassium: 1375.28mg (39.29%), Vitamin B5: 3.47mg (34.72%), Calcium: 342.03mg (34.2%), Magnesium: 130.02mg

(32.51%), Vitamin B2: 0.5mg (29.19%), Folate: 114.83µg (28.71%), Vitamin B1: 0.43mg (28.59%), Fiber: 5.8g (23.2%), Iron: 3.78mg (21.01%), Copper: 0.41mg (20.31%), Zinc: 3.03mg (20.21%), Vitamin E: 2.47mg (16.44%), Vitamin B12: 0.77µg (12.86%), Vitamin D: 0.28µg (1.84%)