



 **16%**
HEALTH SCORE

Chicken Scallopini

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 4 teaspoons capers
- 0.3 cup wine dry white
- 0.5 cup fat-skimmed beef broth fat-free
- 0.3 cup seasoned bread crumbs
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

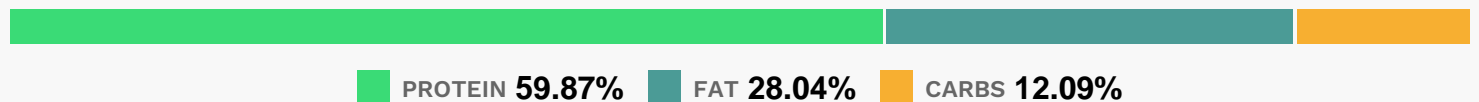
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- Brush chicken with juice, and sprinkle with salt and pepper. Dredge chicken in breadcrumbs.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken to pan; cook 3 minutes on each side or until chicken is done.
- Remove from pan; keep warm.
- Add broth and wine to pan, and cook 30 seconds, stirring constantly.
- Remove from heat. Stir in capers and butter.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:18.497826498488%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 272.06kcal (13.6%), Fat: 7.87g (12.1%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.04g (2.56%), Sugar: 0.83g (0.93%), Cholesterol: 116.49mg (38.83%), Sodium: 670.99mg (29.17%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 37.79g (75.57%), Vitamin B3: 18.55mg (92.75%), Selenium: 57.61µg (82.3%), Vitamin B6: 1.3mg (65.23%), Phosphorus: 382.16mg (38.22%), Vitamin B5: 2.54mg (25.36%), Potassium: 677.53mg (19.36%), Vitamin B1: 0.21mg (13.93%), Vitamin B2: 0.22mg (13.2%), Magnesium: 51.71mg (12.93%), Manganese: 0.16mg (8.14%), Zinc: 1.17mg (7.77%), Vitamin B12: 0.44µg (7.3%), Iron: 1.25mg (6.95%), Vitamin K: 5.94µg (5.66%), Folate: 20.22µg (5.06%), Copper: 0.09mg (4.3%), Vitamin C: 3.36mg (4.08%), Vitamin A: 161.39IU (3.23%), Calcium: 31.62mg (3.16%), Vitamin E: 0.45mg (3.02%), Fiber: 0.59g (2.37%), Vitamin D: 0.17µg (1.13%)