



Chicken Scaloppine over Broccoli Rabe

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound broccoli rabe cut into 3-inch pieces (rapini)
- ☐ 1 teaspoon butter
- ☐ 2 tablespoons capers rinsed drained
- ☐ 24 ounce chicken breast cutlets boneless skinless
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup italian-seasoned breadcrumbs

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil

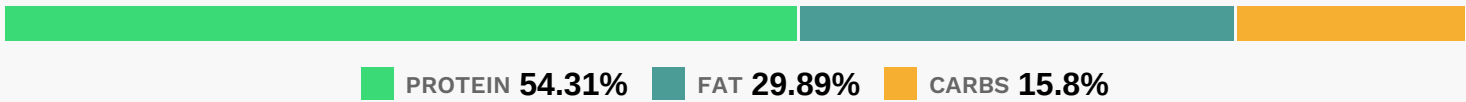
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine breadcrumbs and pepper in a shallow dish; dredge chicken in breadcrumb mixture.
- ☐ Add chicken to pan; cook 3 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add wine, broth, juice, and butter to pan, scraping pan to loosen browned bits. Stir in broccoli rabe; cover and cook 3 minutes or until broccoli rabe is tender. Stir in parsley and capers.
- ☐ Serve chicken over broccoli rabe mixture.
- ☐ Garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:34.694782728734%

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: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 327.22kcal (16.36%), Fat: 10.15g (15.62%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 8.27g (3.01%), Sugar: 1.65g (1.84%), Cholesterol: 111.65mg (37.22%), Sodium: 606.01mg (26.35%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 41.51g (83.02%), Vitamin K: 295.26µg (281.2%), Vitamin B3: 20mg (99.98%), Selenium: 58.77µg (83.96%), Vitamin B6: 1.51mg (75.62%), Vitamin A: 3250.22IU (65%), Phosphorus: 469.16mg (46.92%), Vitamin C: 32.4mg (39.28%), Manganese: 0.63mg (31.68%), Folate: 119.68µg (29.92%), Vitamin B5: 2.93mg (29.26%), Potassium: 930.8mg (26.59%), Vitamin B1: 0.4mg (26.5%), Vitamin B2: 0.38mg (22.25%), Iron: 3.9mg (21.67%), Magnesium: 80.29mg (20.07%), Vitamin E: 2.79mg (18.58%), Calcium: 158.93mg (15.89%), Fiber: 3.81g (15.24%), Zinc: 2.09mg (13.91%), Copper: 0.15mg (7.3%), Vitamin B12: 0.43µg (7.23%), Vitamin D: 0.17µg (1.13%)