



Chicken Scaloppine With Spinach and Linguine

READY IN



45 min.

SERVINGS



6

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh
- 2 tablespoons butter
- 0.3 cup capers rinsed drained
- 2.5 cups chicken broth
- 1.5 lb chicken cutlets
- 0.8 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 3 tablespoons juice of lemon fresh

- 1 tablespoon lemon zest
- 16 oz pasta
- 2 tablespoons olive oil
- 6 servings parmesan cheese grated
- 1.5 teaspoons pepper divided
- 2 plum tomatoes seeded chopped
- 2 teaspoons salt divided
- 9 oz pkt spinach fresh washed

Equipment

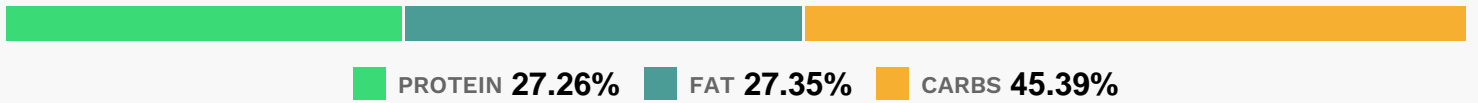
- frying pan
- oven
- whisk
- wire rack
- ziploc bags

Directions

- Snap off and discard tough ends of asparagus; cut asparagus in half crosswise.
- Prepare linguine according to package directions, adding asparagus during last 2 minutes of cooking.
- Drain; return to pan. Stir in spinach; cover and keep warm over low heat.
- Combine 3/4 cup flour, 1 1/2 tsp. salt, and 1 tsp. pepper in a large zip-top plastic bag.
- Add chicken cutlets; seal bag, and shake to lightly coat.
- Melt 1 Tbsp. butter with 1 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Cook 3 cutlets in skillet 2 to 3 minutes; turn and cook 2 to 3 minutes or until lightly browned and done.
- Remove from skillet. Repeat procedure with remaining 1 Tbsp. butter, 1 Tbsp. oil, and 3 cutlets. (Chicken may be kept warm in a 250 oven on a wire rack.)
- Whisk 2 Tbsp. flour into skillet, and cook 30 seconds.

- Whisk in chicken broth, next 3 ingredients, and remaining 1/2 tsp. salt and pepper. Cook over medium-high heat 6 to 8 minutes or until slightly thickened, whisking to loosen particles from bottom of skillet.
- Pour over warm pasta mixture; toss to combine.
- Transfer to a serving dish, and sprinkle with tomatoes.
- Serve immediately with chicken and Parmesan cheese.
- Worth the Splurge: Use Parmigiano-Reggiano cheese. Allow your guests to grate the cheese tableside right onto their plates.

Nutrition Facts



Properties

Glycemic Index:62.67, Glycemic Load:33.6, Inflammation Score:-10, Nutrition Score:43.063043418138%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 13.36mg, Kaempferol: 13.36mg, Kaempferol: 13.36mg, Kaempferol: 13.36mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 24.99mg, Quercetin: 24.99mg, Quercetin: 24.99mg, Quercetin: 24.99mg

Nutrients (% of daily need)

Calories: 716.28kcal (35.81%), Fat: 21.71g (33.4%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 81.07g (27.02%), Net Carbohydrates: 74.9g (27.24%), Sugar: 4.92g (5.47%), Cholesterol: 110.67mg (36.89%), Sodium: 2068.25mg (89.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.68g (97.36%), Vitamin K: 245.09µg (233.42%), Selenium: 103.44µg (147.77%), Vitamin A: 5157.03IU (103.14%), Vitamin B3: 15.66mg (78.28%), Manganese: 1.5mg (75.06%), Phosphorus: 663.18mg (66.32%), Vitamin B6: 1.17mg (58.28%), Folate: 181.55µg (45.39%), Calcium: 364.26mg (36.43%), Vitamin B2: 0.62mg (36.18%), Magnesium: 135.44mg (33.86%), Potassium: 1139.57mg (32.56%), Vitamin B1: 0.47mg (31%), Iron: 5.49mg (30.51%), Vitamin C: 24.88mg (30.16%), Copper: 0.55mg (27.44%), Zinc: 3.93mg (26.19%), Fiber: 6.17g (24.67%), Vitamin B5: 2.41mg (24.08%), Vitamin E: 3.19mg (21.29%), Vitamin B12: 0.66µg (10.99%), Vitamin D: 0.26µg (1.76%)