



Chicken Scaloppine with Sugar Snap Pea, Asparagus, and Lemon Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups asparagus (1-inch) (1 pound)
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.3 cup cooking wine dry white
- 1 cup less-sodium chicken broth fat-free
- 1 tablespoon mint leaves fresh chopped
- 1.5 tablespoons juice of lemon fresh

- 1 teaspoon lemon rind, grated
- 6 lemon wedges
- 2.5 tablespoons olive oil, extra-virgin
- 0.8 teaspoon salt, divided
- 36 ounce chicken breast halves, boneless, skinless
- 1 pound julienne-cut sugar snap peas, trimmed

Equipment

- frying pan
- whisk
- plastic wrap
- meat tenderizer

Directions

- Steam peas and asparagus, covered, 4 minutes or until crisp-tender. Rinse pea mixture with cold water; drain. Chill.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken evenly with 1/2 teaspoon salt and pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 2 breast halves to pan; saut 2 minutes on each side or until done. Repeat procedure twice with remaining chicken.
- Add broth and wine to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1/2 cup (about 5 minutes).
- Remove from heat; stir in butter.
- Combine remaining 1/4 teaspoon salt, mint, oil, rind, and juice, stirring well with a whisk.
- Drizzle oil mixture over pea mixture; toss gently to coat.
- Serve pea mixture with chicken and sauce.
- Garnish with lemon wedges.

Nutrition Facts

PROTEIN 51.01% FAT 36.06% CARBS 12.93%

Properties

Glycemic Index:25.75, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:28.850435210311%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 4.29mg, Eriodictyol: 4.29mg, Eriodictyol: 4.29mg, Eriodictyol: 4.29mg Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 12.48g (19.2%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.61g (5.12%), Cholesterol: 113.88mg (37.96%), Sodium: 663.15mg (28.83%), Alcohol: 1.37g (100%), Alcohol %: 0.47% (100%), Protein: 39.71g (79.42%), Vitamin B3: 18.9mg (94.48%), Selenium: 56.94µg (81.35%), Vitamin C: 61.59mg (74.65%), Vitamin B6: 1.47mg (73.3%), Phosphorus: 431.71mg (43.17%), Vitamin K: 41.82µg (39.83%), Vitamin B5: 3.21mg (32.13%), Potassium: 928.47mg (26.53%), Vitamin A: 1309.44IU (26.19%), Vitamin B1: 0.3mg (19.92%), Iron: 3.45mg (19.19%), Vitamin B2: 0.31mg (18.31%), Magnesium: 73.05mg (18.26%), Manganese: 0.34mg (16.9%), Folate: 66.12µg (16.53%), Fiber: 3.56g (14.25%), Vitamin E: 2.05mg (13.68%), Copper: 0.21mg (10.53%), Zinc: 1.48mg (9.89%), Vitamin B12: 0.42µg (7%), Calcium: 63.36mg (6.34%), Vitamin D: 0.17µg (1.13%)