






 **24%**
HEALTH SCORE

Chicken Scaloppini

READY IN

45 min.

SERVINGS

8

CALORIES

1173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces artichoke hearts sliced
- 1 pound butter (4 sticks)
- 2 tablespoons chicken for sauteing chicken
- 1 tablespoon capers
- 9 ounces chicken breast thin
- 2.8 cups flour with salt and pepper, for dredging all-purpose
- 4 ounces cup heavy whipping cream
- 3 tablespoons juice of lemon
- 12 ounces mushrooms sliced

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- 8 servings chicken for sauteing chicken
- 0.3 cup pancetta diced cooked
- 8 servings parsley chopped for garnish
- 1 pound soup noodles cooked
- 8 servings pepper black freshly ground
- 4 ounces wine

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Heat a small amount of oil and 2 tablespoons butter in a large skillet. Dredge chicken in seasoned flour and saute in pan, turning once, until brown and cooked through.
- Remove chicken from pan.
- Add remaining ingredients, up to and including the capers, to the pan.
- Heat until mushrooms soften and are cooked.
- Add chicken back to pan to reheat and make Lemon Butter sauce.
- Place cooked pasta on each plate.
- Add half of butter sauce to chicken mixture and toss.
- Place chicken mixture over pasta.
- Add more sauce on top of each piece.
- Garnish with parsley.
- Heat the lemon juice and white wine in a saucepan over medium heat. Bring to a boil and reduce by one-third.
- Add cream and simmer until mixture thickens, about 3 to 4 minutes.

Slowly add butter, about 2 tablespoons at a time, until completely incorporated, whisking constantly. Season with salt and pepper.

Remove from heat and keep warm.

Nutrition Facts

PROTEIN 15.28% **FAT 56.79%** **CARBS 27.93%**

Properties

Glycemic Index:38.75, Glycemic Load:41.48, Inflammation Score:-9, Nutrition Score:33.945217775262%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 1173.16kcal (58.66%), Fat: 73.38g (112.89%), Saturated Fat: 38.68g (241.75%), Carbohydrates: 81.19g (27.06%), Net Carbohydrates: 76.5g (27.82%), Sugar: 4.41g (4.9%), Cholesterol: 247.34mg (82.45%), Sodium: 729.11mg (31.7%), Alcohol: 1.46g (100%), Alcohol %: 0.39% (100%), Protein: 44.42g (88.85%), Selenium: 87.19µg (124.55%), Vitamin B3: 17.94mg (89.69%), Vitamin K: 72.42µg (68.97%), Phosphorus: 496.64mg (49.66%), Vitamin B2: 0.82mg (47.94%), Manganese: 0.92mg (45.86%), Vitamin B6: 0.86mg (42.97%), Vitamin A: 2133.85IU (42.68%), Vitamin B1: 0.58mg (38.45%), Vitamin B5: 3.35mg (33.52%), Folate: 121.16µg (30.29%), Copper: 0.58mg (28.79%), Iron: 4.66mg (25.87%), Potassium: 854.35mg (24.41%), Zinc: 3.44mg (22.91%), Magnesium: 85.15mg (21.29%), Fiber: 4.69g (18.74%), Vitamin C: 11.59mg (14.05%), Vitamin E: 2.02mg (13.46%), Vitamin B12: 0.6µg (10.03%), Calcium: 66.15mg (6.61%), Vitamin D: 0.68µg (4.55%)