



 7%
HEALTH SCORE

Chicken Thighs Piccata-Style

 Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers drained
- 4 strips.
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- 1 large egg whites lightly beaten
- 0.5 cup fat-skimmed beef broth fat-free
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 garlic clove minced

- 0.5 cup seasoned bread crumbs
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 teaspoon water
- 0.5 cup wine

Equipment

- frying pan
- ziploc bags

Directions

- Place chicken in a heavy-duty zip-top plastic bag; add flour, salt, and pepper. Seal bag, and shake to coat chicken.
- Combine egg white and water in a shallow dish.
- Remove chicken from bag. Dip each piece in egg white mixture, and dredge in breadcrumbs.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken to pan; cook 3 to 4 minutes on each side or until browned.
- Add broth, wine, lemon juice, and garlic to pan; bring to a boil. Cover, reduce heat, and simmer 8 minutes.
- Add parsley and capers, and simmer, uncovered, 5 minutes or until chicken is no longer pink in center.
- Sprinkle with grated lemon rind, if desired.

Nutrition Facts

 **PROTEIN 27.64%**  **FAT 62.45%**  **CARBS 9.91%**

Properties

Glycemic Index:46, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:21.071739165679%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 612.3kcal (30.61%), Fat: 40.5g (62.31%), Saturated Fat: 10.62g (66.38%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 13.47g (4.9%), Sugar: 1.49g (1.65%), Cholesterol: 221.63mg (73.88%), Sodium: 708.01mg (30.78%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 40.33g (80.66%), Selenium: 49.16µg (70.23%), Vitamin B3: 11.79mg (58.94%), Vitamin K: 46.5µg (44.28%), Vitamin B6: 0.85mg (42.29%), Phosphorus: 399.87mg (39.99%), Vitamin B12: 1.56µg (26.05%), Vitamin B2: 0.42mg (24.96%), Vitamin B5: 2.49mg (24.9%), Vitamin B1: 0.34mg (22.46%), Zinc: 3.15mg (20.98%), Potassium: 570.55mg (16.3%), Iron: 2.68mg (14.89%), Magnesium: 57.16mg (14.29%), Manganese: 0.28mg (14.14%), Copper: 0.18mg (9.06%), Folate: 34.04µg (8.51%), Vitamin C: 6.52mg (7.9%), Vitamin A: 377.74IU (7.55%), Calcium: 57.5mg (5.75%), Vitamin E: 0.85mg (5.66%), Fiber: 1g (4.01%), Vitamin D: 0.23µg (1.51%)