



Chicken Thighs Piccata-Style

 Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 4 chicken thighs
- ☐ 1 large egg white lightly beaten
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup italian-seasoned breadcrumbs

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon water
- ☐ 0.5 cup white wine

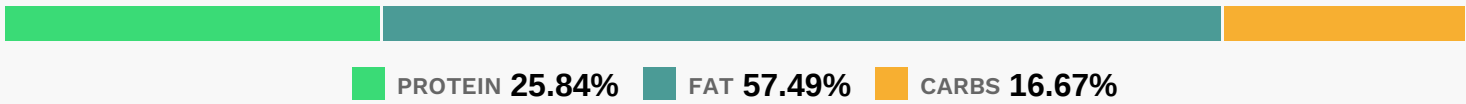
Equipment

- ☐ 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



Properties

Glycemic Index:46, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:13.721304375192%

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, 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: 364.83kcal (18.24%), Fat: 21.73g (33.44%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 13.18g (4.79%), Sugar: 1.49g (1.65%), Cholesterol: 110.89mg (36.96%), Sodium: 621mg (27%), Alcohol: 3.09g (100%), Alcohol %: 1.84% (100%), Protein: 21.98g (43.96%), Vitamin K: 44.12µg (42.02%), Selenium: 28.03µg (40.04%), Vitamin B3: 6.54mg (32.7%), Vitamin B6: 0.46mg (22.91%), Phosphorus: 221.33mg (22.13%), Vitamin B1: 0.25mg (16.89%), Vitamin B2: 0.28mg (16.18%), Vitamin B12: 0.84µg (14%), Vitamin B5: 1.34mg (13.42%), Manganese: 0.26mg (13.23%), Zinc: 1.74mg (11.57%), Iron: 1.92mg (10.68%), Potassium: 338.9mg (9.68%), Magnesium: 35.69mg (8.92%), Vitamin C: 6.52mg (7.9%), Folate: 30.65µg (7.66%), Copper: 0.12mg (6.18%), Vitamin A: 289.6IU (5.79%), Calcium: 48.46mg (4.85%), Vitamin E: 0.61mg (4.08%), Fiber: 1g (4.01%)