



Chicken with Lemon-Caper Sauce

READY IN



30 min.

SERVINGS



2

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers drained
- 0.3 cup cooking wine dry white
- 0.5 cup flour all-purpose
- 0.3 cup juice of lemon
- 2 lemon wedges
- 2 tablespoons olive oil
- 1 pinch salt
- 12 ounce chicken breast halves boneless skinless
- 0.3 cup butter unsalted cold cut into pieces

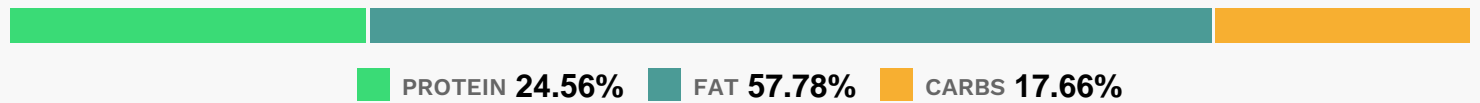
Equipment

- frying pan
- ziploc bags

Directions

- Mix together salt and flour in a small dish or plastic bag, then coat chicken and shake off excess.
- Heat olive oil in a skillet over medium-high heat. Shake excess flour from chicken, then brown in hot oil until both sides are golden-brown, and the inside has turned white and firm, 3 to 4 minutes per side.
- Remove the chicken, and set aside in a warm place.
- Pour white wine into the skillet, and allow to boil as you dissolve the cooked bits from the bottom of the pan.
- Add the lemon juice, and allow to come to a boil, cook for a few minutes until reduced by half.
- Sprinkle the cubed butter into the boiling sauce. Swirl and shake the pan vigorously to dissolve the butter, thus thickening the sauce. The butter must never come to rest, or the sauce will separate and become oily. Once the butter has completely incorporated, remove from heat and stir in capers.
- To serve, pour lemon-caper sauce over the chicken, and serve with a wedge of lemon.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:17.67, Inflammation Score:-8, Nutrition Score:24.795217617698%

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: 5.33mg, Eriodictyol: 5.33mg, Eriodictyol: 5.33mg, Eriodictyol: 5.33mg Hesperetin: 9.56mg, Hesperetin: 9.56mg, Hesperetin: 9.56mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg

Nutrients (% of daily need)

Calories: 673.24kcal (33.66%), Fat: 41.92g (64.5%), Saturated Fat: 17.56g (109.74%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.12g (9.86%), Sugar: 1.64g (1.82%), Cholesterol: 169.87mg (56.62%), Sodium: 444.4mg (19.32%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 40.1g (80.19%), Vitamin B3: 19.73mg (98.64%), Selenium: 65.54µg (93.62%), Vitamin B6: 1.33mg (66.69%), Phosphorus: 409.28mg (40.93%), Vitamin C: 23.73mg (28.76%), Vitamin B5: 2.68mg (26.82%), Vitamin B1: 0.37mg (24.87%), Potassium: 750.51mg (21.44%), Vitamin E: 3.16mg (21.06%), Vitamin B2: 0.36mg (21.05%), Folate: 75.06µg (18.77%), Vitamin A: 776.95IU (15.54%), Magnesium: 60.58mg (15.14%), Manganese: 0.29mg (14.51%), Iron: 2.51mg (13.95%), Vitamin K: 12.94µg (12.32%), Zinc: 1.32mg (8.79%), Copper: 0.14mg (6.91%), Fiber: 1.7g (6.78%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.6µg (3.97%), Calcium: 32.56mg (3.26%)