



Chicken with Lemon-Caper Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons flat-leaf parsley minced
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

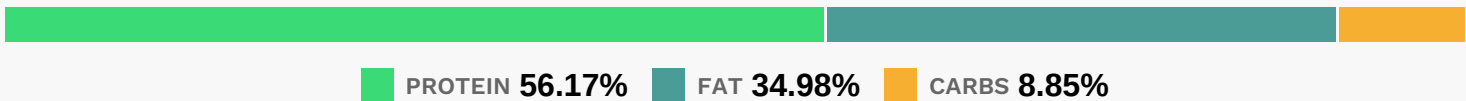
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Place flour in a shallow dish; dredge chicken in flour.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 3 minutes. Turn chicken over.
- ☐ Add broth, juice, and capers; reduce heat to medium, and simmer 3 minutes, basting chicken occasionally with sauce.
- ☐ Sprinkle with parsley; cook 1 minute.
- ☐ Remove chicken from pan; keep warm.
- ☐ Bring sauce to a boil; cook 2 minutes or until thick.
- ☐ Serve over chicken.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:20.597391470619%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin:

6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 271.38kcal (13.57%), Fat: 10.28g (15.82%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.49g (0.54%), Cholesterol: 123.91mg (41.3%), Sodium: 616.45mg (26.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.31%), Vitamin B3: 18.32mg (91.58%), Selenium: 57.1µg (81.58%), Vitamin B6: 1.29mg (64.58%), Vitamin K: 51.24µg (48.8%), Phosphorus: 371.64mg (37.16%), Vitamin B5: 2.53mg (25.25%), Potassium: 681.19mg (19.46%), Vitamin C: 12.1mg (14.67%), Vitamin B2: 0.22mg (12.78%), Magnesium: 49.84mg (12.46%), Vitamin B1: 0.16mg (10.83%), Vitamin A: 485.8IU (9.72%), Zinc: 1.09mg (7.28%), Vitamin B12: 0.41µg (6.81%), Iron: 1.21mg (6.72%), Folate: 26.14µg (6.54%), Manganese: 0.09mg (4.65%), Copper: 0.08mg (4.15%), Vitamin E: 0.57mg (3.81%), Calcium: 19.46mg (1.95%), Fiber: 0.46g (1.83%), Vitamin D: 0.17µg (1.13%)