



Chicken with Lemon-Caper Sauce II

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided
- 1.5 teaspoons capers
- 0.3 cup extra-dry vermouth
- 1 tablespoon parsley fresh chopped
- 3 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.3 teaspoon salt divided
- 16 ounce skinned

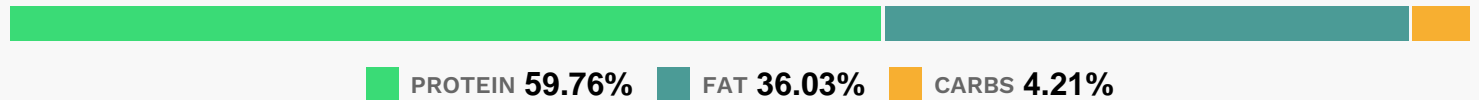
Equipment

frying pan

Directions

- Sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper evenly over chicken.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken; cook 6 minutes on each side or until chicken is done.
- Remove from skillet. Set aside; keep warm.
- Add 1/8 teaspoon salt, 1/8 teaspoon pepper, vermouth, lemon juice, and capers to skillet, scraping skillet to loosen browned bits. Cook until reduced to 1/4 cup (about 2 minutes). Stir in parsley. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:12.17956527938%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 6.48g (9.97%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.3g (0.33%), Cholesterol: 72.57mg (24.19%), Sodium: 298.42mg (12.97%), Alcohol: 1.9g (100%), Alcohol %: 1.6% (100%), Protein: 24.19g (48.38%), Vitamin B3: 11.86mg (59.29%), Selenium: 36.32µg (51.88%), Vitamin B6: 0.86mg (42.8%), Phosphorus: 239.89mg (23.99%), Vitamin K: 19.12µg (18.21%), Vitamin B5: 1.64mg (16.37%), Potassium: 438.73mg (12.54%), Vitamin C: 7.08mg (8.58%), Magnesium: 31.12mg (7.78%), Vitamin B2: 0.12mg (6.9%), Vitamin B1: 0.08mg (5.09%), Vitamin E: 0.75mg (5.01%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.23µg (3.78%), Iron: 0.54mg (2.98%), Vitamin A: 120.65IU (2.41%), Folate: 8.5µg (2.12%), Copper:

0.04mg (1.92%), Manganese: 0.04mg (1.84%)