



Creamy Chicken Piccata and Asparagus

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh trimmed
- 1 tablespoon capers
- 0.5 cup fat-skimmed beef broth fat-free reduced-sodium
- 0.8 cup optional: lemon
- 16 ounce chicken breast halves boneless skinless
- 1 tablespoon water

Equipment

- frying pan

microwave

Directions

- Cook chicken in large skillet on medium-high heat 2 to 3 min. on each side or until lightly browned on both sides.
- Mix cooking creme, broth and capers; pour over chicken. Cover; simmer on low heat 5 to 6 min. or until chicken is done (165 degrees F).
- Meanwhile, place asparagus in shallow microwaveable dish.
- Add water; cover with waxed paper. Microwave on HIGH 4 to 5 min. or until asparagus is crisp-tender.
- Serve chicken with asparagus and sauce.

Nutrition Facts

 **PROTEIN 63.6%**  **FAT 17.13%**  **CARBS 19.27%**

Properties

Glycemic Index:14.38, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:21.336087050645%

Flavonoids

Eriodictyol: 8.49mg, Eriodictyol: 8.49mg, Eriodictyol: 8.49mg, Eriodictyol: 8.49mg Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 4.22mg, Kaempferol: 4.22mg, Kaempferol: 4.22mg, Kaempferol: 4.22mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 19.76mg, Quercetin: 19.76mg, Quercetin: 19.76mg, Quercetin: 19.76mg

Nutrients (% of daily need)

Calories: 165.08kcal (8.25%), Fat: 3.26g (5.01%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.18g (3.53%), Cholesterol: 72.57mg (24.19%), Sodium: 306.23mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.41%), Vitamin B3: 13.15mg (65.74%), Selenium: 39.7µg (56.72%), Vitamin B6: 0.99mg (49.44%), Vitamin K: 47.89µg (45.61%), Vitamin C: 28.86mg (34.99%), Phosphorus: 306.78mg (30.68%), Potassium: 712.8mg (20.37%), Vitamin B5: 2.04mg (20.37%), Vitamin A: 902.81IU (18.06%), Iron: 3.16mg (17.54%), Folate: 68.62µg (17.15%), Vitamin B2: 0.29mg (17.06%), Vitamin B1: 0.25mg (16.87%), Fiber: 3.56g (14.23%), Copper: 0.27mg (13.66%), Magnesium: 49.52mg (12.38%), Manganese: 0.21mg (10.64%), Vitamin E: 1.57mg (10.49%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.28µg (4.73%), Calcium: 45.27mg (4.53%)