



## Easy Lemon Chicken Piccata with Asparagus

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb asparagus spears fresh trimmed
- 0.3 tsp pepper black
- 1 Tbsp capers
- 8 oz philadelphia cream cheese spread
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.5 tsp garlic powder
- 1 tsp lemon zest
- 2 Tbsp milk

- 1 lb chicken breasts boneless skinless
- 1 Tbsp water

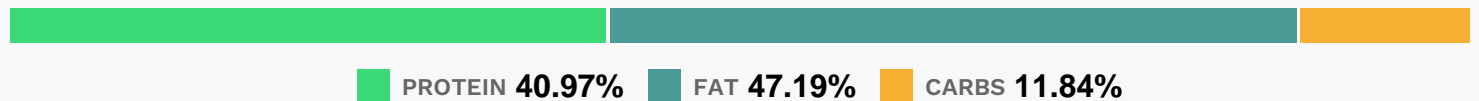
## Equipment

- 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. Meanwhile, mix cream cheese spread, milk, lemon zest, juice, garlic powder and pepper until blended.
- Mix 3/4 cup cream cheese mixture, broth and capers; pour over chicken. Cover; simmer on low heat 5 to 6 min. or until chicken is done (165F).
- 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



## Properties

Glycemic Index:26.75, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:20.689565368321%

## Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Quercetin: 19.56mg, Quercetin: 19.56mg, Quercetin: 19.56mg, Quercetin: 19.56mg

## Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 15.67g (24.12%), Saturated Fat: 8.73g (54.59%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.33g (4.81%), Cholesterol: 108.63mg (36.21%), Sodium: 575.81mg (25.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Vitamin B3: 13.12mg (65.62%), Selenium: 39.79µg (56.84%), Vitamin B6: 0.97mg (48.46%), Vitamin K: 48.16µg (45.86%), Phosphorus: 309.88mg

(30.99%), Vitamin A: 1446IU (28.92%), Vitamin B5: 2mg (19.95%), Potassium: 676.34mg (19.32%), Vitamin B2: 0.29mg (17.28%), Iron: 2.96mg (16.44%), Vitamin B1: 0.24mg (16.23%), Folate: 64.55µg (16.14%), Copper: 0.26mg (13.16%), Magnesium: 47.88mg (11.97%), Calcium: 113.79mg (11.38%), Manganese: 0.22mg (11.05%), Fiber: 2.57g (10.28%), Vitamin C: 8.45mg (10.25%), Vitamin E: 1.52mg (10.16%), Zinc: 1.33mg (8.85%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.2µg (1.31%)