



Four-Step Chicken: Kid-Friendly Piccata

READY IN



35 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup button mushrooms trimmed thinly sliced (or other veggie your kids like: onions, carrots, peas, or green beans)
- 0.5 cup chicken stock see
- 0.3 cup flour all-purpose
- 1 juice of lemon for garnish
- 1 tablespoons olive oil
- 4 servings salt and pepper
- 1 pound chicken breasts thin-cut boneless skinless
- 1 tablespoon butter unsalted

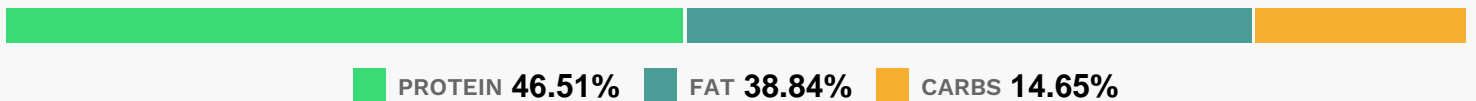
Equipment

- frying pan
- wooden spoon

Directions

- Heat the olive oil in a large skillet over medium high heat. Season the chicken with salt and pepper.
- Place the flour in a shallow dish and dredge the chicken through it, coating the chicken on both sides.
- Place the chicken in the hot skillet and brown until golden brown and crusty, about 4 minutes per side.
- Transfer the chicken to a plate.
- Add the mushrooms (or other vegetables) to the pan and cook, stirring often, until they are softened and starting to brown, about 5 minutes.
- Deglaze the pan with the chicken stock and lemon juice, using a wooden spoon to stir and scrape up any browned bits from the pan bottom.
- Stir in the butter until it is melted, then add the chicken back to the sauce. Top with chopped parsley or other herbs, if desired, and serve with lemon wedges (for those who want a tangier dish).

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.49, Inflammation Score:-3, Nutrition Score:14.180000077123%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 231.48kcal (11.57%), Fat: 9.81g (15.1%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.85g (2.85%), Sugar: 1.16g (1.29%), Cholesterol: 81mg (27%), Sodium: 370.12mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.87%), Vitamin B3: 13.64mg (68.19%), Selenium: 41.87µg (59.82%), Vitamin B6: 0.9mg (44.98%), Phosphorus: 276.75mg (27.68%), Vitamin B5: 2.02mg (20.23%), Vitamin B2: 0.28mg (16.25%), Potassium: 544.39mg (15.55%), Vitamin B1: 0.17mg (11.05%), Magnesium: 35.09mg (8.77%), Copper: 0.14mg (6.81%), Folate: 26.02µg (6.5%), Zinc: 0.89mg (5.91%), Vitamin C: 4.83mg (5.85%), Iron: 0.99mg (5.52%), Vitamin E: 0.83mg (5.52%), Manganese: 0.08mg (4.16%), Vitamin B12: 0.24µg (4.04%), Vitamin K: 2.66µg (2.54%), Vitamin A: 122.83IU (2.46%), Fiber: 0.47g (1.89%), Vitamin D: 0.21µg (1.43%)