



Grilled Chicken with Creamy Caper Sauce

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers
- ☐ 4 chicken breasts "thin boneless skinless sliced"
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons lemon pepper seasoning
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons freshly parsley leaves chopped

- ☐ 1 shallots diced
- ☐ 2 tablespoons cup heavy whipping cream sour

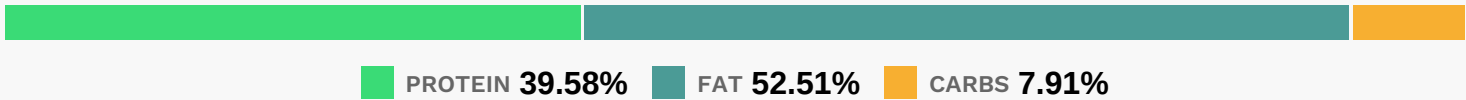
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill pan or outdoor grill over medium to medium-high heat.
- ☐ Brush the grate of the grill with canola oil just before you grill the chicken. Season the chicken with lemon pepper and put on the grill. Grill for 4 to 5 minutes on each side.
- ☐ Heat the olive oil in a medium skillet over medium heat.
- ☐ Add the shallot and garlic and saute for 2 minutes.
- ☐ Add the capers and white wine and reduce by half.
- ☐ Whisk in the mustard, and parsley and season with salt and pepper, to taste.
- ☐ Let simmer for 1 minute, then remove from heat and whisk in the sour cream.
- ☐ Arrange the chicken on a platter and dollop with the creamy sauce.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:15.803478220235%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.94mg,

Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 269.04kcal (13.45%), Fat: 15.54g (23.9%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 5.27g (1.76%),
Net Carbohydrates: 4.42g (1.61%), Sugar: 1.76g (1.95%), Cholesterol: 77.66mg (25.89%), Sodium: 373.37mg (16.23%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Vitamin B3: 12.85mg (64.25%), Selenium:
39.44µg (56.34%), Vitamin B6: 0.94mg (47%), Vitamin K: 42.32µg (40.3%), Phosphorus: 272.06mg (27.21%),
Vitamin B5: 1.69mg (16.95%), Potassium: 549.2mg (15.69%), Vitamin E: 1.85mg (12.3%), Vitamin B2: 0.19mg (11.14%),
Manganese: 0.22mg (10.94%), Magnesium: 40.02mg (10.01%), Vitamin B1: 0.11mg (7.53%), Vitamin C: 5.5mg
(6.67%), Iron: 1.06mg (5.91%), Zinc: 0.88mg (5.85%), Copper: 0.11mg (5.47%), Vitamin A: 255.64IU (5.11%), Vitamin
B12: 0.24µg (3.98%), Folate: 14.46µg (3.61%), Fiber: 0.85g (3.4%), Calcium: 30.7mg (3.07%)