



## Lemon Chicken Piccata

READY IN



50 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 2 tablespoons capers drained and rinsed
- 0.5 cup flour all-purpose
- 1 clove garlic minced
- 0.5 optional: lemon thinly sliced
- 0.3 cup juice of lemon fresh
- 1 cup chicken broth low sodium
- 2 tablespoons flat parsley italian minced (flat-leaf)
- 4 servings salt and pepper to taste

- 3 large chicken breast halves boneless skinless cut into 1/2-inch medallions

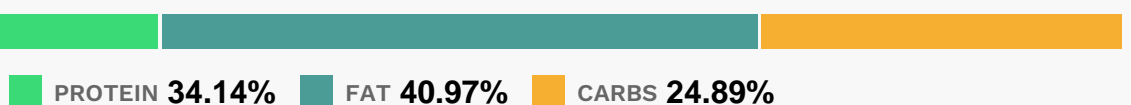
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 200 degrees F (95 degrees C).
- Place a serving platter into the oven to warm.
- Season the chicken breast pieces with salt and pepper and dredge them in flour. Shake off excess flour.
- Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed .
- Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.
- Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds.
- Pour in the chicken broth. Scrape and dissolve any brown bits from the bottom of the skillet. Stir in the lemon slices and bring the mixture to a boil.
- Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes.
- Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more. Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated.
- Add the parsley; remove from heat and set aside.
- Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.

## Nutrition Facts



## Properties

Glycemic Index:53.13, Glycemic Load:8.94, Inflammation Score:-6, Nutrition Score:14.22260866217%

## Flavonoids

Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

## Nutrients (% of daily need)

Calories: 248.24kcal (12.41%), Fat: 11.35g (17.46%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.46g (5.26%), Sugar: 0.89g (0.99%), Cholesterol: 76.82mg (25.6%), Sodium: 490.06mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin B3: 10.66mg (53.3%), Selenium: 32.75µg (46.78%), Vitamin B6: 0.68mg (33.89%), Vitamin K: 34.75µg (33.09%), Phosphorus: 221.16mg (22.12%), Vitamin C: 17.14mg (20.78%), Vitamin B5: 1.35mg (13.47%), Vitamin B1: 0.19mg (12.69%), Potassium: 433.62mg (12.39%), Vitamin B2: 0.2mg (11.56%), Folate: 40.82µg (10.2%), Vitamin A: 465.77IU (9.32%), Iron: 1.46mg (8.13%), Magnesium: 30.78mg (7.7%), Manganese: 0.14mg (7.23%), Copper: 0.1mg (5.16%), Zinc: 0.73mg (4.86%), Fiber: 1.06g (4.22%), Vitamin B12: 0.25µg (4.11%), Vitamin E: 0.51mg (3.39%), Calcium: 21.72mg (2.17%)