



## Lemon-Chicken Piccata

READY IN



35 min.

SERVINGS



35

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp butter
- 1 Tbsp capers
- 0.5 cup chicken broth
- 2 tsp parsley fresh chopped
- 3 large lemons divided
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 2 Tbsp olive oil
- 22 ritz crackers crushed finely
- 1 lb chicken breasts boneless skinless

## Equipment

- frying pan
- paper towels

## Directions

- Cut half of 1 lemon into 4 thin slices; squeeze juice from remaining 2-1/2 lemons. Coat chicken with mayo, then cracker crumbs.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 5 min. Turn; cook on medium heat 5 min. or until chicken is golden brown on both sides and done (165F).
- Transfer chicken to platter; sprinkle with parsley. Cover to keep warm. Carefully wipe any crumbs from skillet with paper towel.
- Add lemon juice and broth to skillet; cook on medium-high heat 6 to 8 min. or until slightly reduced, stirring occasionally.
- Add butter, lemon slices and capers; cook and stir on low heat 3 to 4 min. or until butter is melted and lemons are heated through.
- Serve over chicken.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.0465217167917%

## Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 40.79kcal (2.04%), Fat: 2.29g (3.53%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.46g (0.51%), Cholesterol: 9.49mg (3.16%), Sodium: 66.97mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin B3: 1.46mg (7.31%), Selenium: 4.33µg (6.19%), Vitamin C: 5.08mg (6.16%), Vitamin B6: 0.11mg (5.29%), Phosphorus: 34.34mg (3.43%), Vitamin K: 2.49µg (2.37%), Vitamin B5: 0.21mg (2.11%), Potassium: 64.31mg (1.84%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.42%), Vitamin B2: 0.02mg (1.31%), Fiber: 0.31g (1.24%), Magnesium: 4.63mg (1.16%), Iron: 0.2mg (1.12%)