

Lemony Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup capers drained
- 0.5 cup flour all-purpose
- 1 large optional: lemon cut into wedges
- 0.3 cup olive oil
- 4 servings salt to taste
- 4 chicken breast halves boneless skinless
- 0.3 cup butter unsalted softened
- 0.3 cup wine

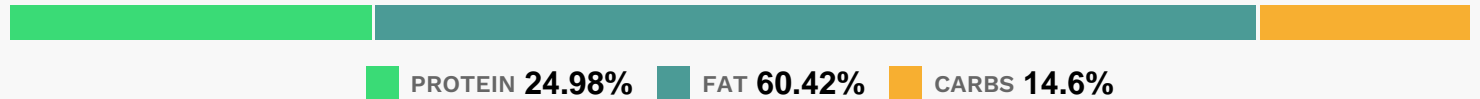
Equipment

- bowl
- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Place the flour in a shallow bowl. Season the chicken breasts with salt, then gently press into the flour to coat; shake off the excess flour. Arrange the chicken in the skillet. Cook until golden brown, 7 to 10 minutes on each side.
- Add the white wine and lemon juice. Continue cooking until the chicken breasts are no longer pink in the center and the cooking liquid is reduced by half, 5 to 7 minutes more.
- Transfer the chicken to a plate.
- Remove the skillet from heat, and stir butter into the sauce until melted.
- Pour sauce over the chicken breasts, and garnish with capers and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:9.13, Inflammation Score:-6, Nutrition Score:16.201304166213%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg

Nutrients (% of daily need)

Calories: 429.4kcal (21.47%), Fat: 28.26g (43.48%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.85g (5.03%), Sugar: 0.91g (1.02%), Cholesterol: 102.82mg (34.27%), Sodium: 631.16mg (27.44%), Alcohol: 1.54g (100%), Alcohol %: 0.93% (100%), Protein: 26.29g (52.58%), Vitamin B3: 12.83mg (64.14%), Selenium: 41.85µg (59.79%), Vitamin B6: 0.89mg (44.26%), Phosphorus: 265.69mg (26.57%), Vitamin C: 16.14mg (19.56%), Vitamin E: 2.63mg (17.56%), Vitamin B5: 1.76mg (17.55%), Potassium: 490.68mg (14.02%), Vitamin B1: 0.21mg (13.95%), Vitamin B2: 0.22mg (12.82%), Vitamin K: 12.14µg (11.57%), Magnesium: 40.38mg (10.09%), Folate: 39.17µg (9.79%), Iron: 1.61mg (8.94%), Vitamin A: 409.48IU (8.19%), Manganese: 0.16mg (7.94%), Fiber: 1.53g (6.11%), Zinc: 0.85mg (5.65%), Copper: 0.11mg (5.35%), Vitamin B12: 0.25µg (4.17%), Calcium: 24.4mg (2.44%), Vitamin D: 0.33µg (2.17%)