



 **12%**
HEALTH SCORE

Light Chicken Piccata

READY IN



195 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers
- 4 chicken breast halves
- 0.5 cup flour all-purpose
- 2 cloves garlic minced
- 0.5 cup juice of lemon
- 1 teaspoon butter
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 8 ounces yogurt plain

- 4 servings salt and pepper to taste
- 1 cup mirin white
- 1 cup mirin white
- 0.5 cup water

Equipment

- bowl
- frying pan
- paper towels
- wooden spoon

Directions

- Coat chicken with yogurt, cover, and refrigerate at least 2 hours, preferably overnight.
- Rinse chicken, and pat dry with paper towels.
- In a bowl, stir together flour, paprika, salt, and pepper.
- Heat oil, margarine, and 1 1/2 tablespoons lemon juice in skillet over medium heat. Dredge chicken in flour mixture.
- Place chicken in skillet; cook, turning to brown both sides, about 15 minutes.
- Remove chicken to a plate, and keep warm.
- Pour vermouth into skillet, and scrape brown bits with a wooden spoon. Stir in garlic, 1/4 cup lemon juice, water, and capers. Cook until reduced by half.
- Return chicken to the pan, and simmer 3 minutes.

Nutrition Facts



PROTEIN 40.35% **FAT 27.02%** **CARBS 32.63%**

Properties

Glycemic Index:30, Glycemic Load:8.78, Inflammation Score:-6, Nutrition Score:17.142608891363%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 368.62kcal (18.43%), Fat: 8.64g (13.3%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.89g (5.43%), Cholesterol: 75.72mg (25.24%), Sodium: 489.87mg (21.3%), Alcohol: 11.4g (100%), Alcohol %: 3.84% (100%), Protein: 29.04g (58.09%), Vitamin B3: 12.89mg (64.44%), Selenium: 43.65µg (62.36%), Vitamin B6: 0.93mg (46.27%), Phosphorus: 342.81mg (34.28%), Vitamin B5: 2.08mg (20.77%), Vitamin B2: 0.33mg (19.41%), Potassium: 618.52mg (17.67%), Vitamin C: 14.26mg (17.28%), Vitamin B1: 0.23mg (15.52%), Calcium: 120.46mg (12.05%), Magnesium: 47.21mg (11.8%), Folate: 46.67µg (11.67%), Vitamin B12: 0.54µg (9.08%), Zinc: 1.34mg (8.93%), Manganese: 0.17mg (8.3%), Iron: 1.43mg (7.96%), Vitamin A: 361.28IU (7.23%), Vitamin E: 1.01mg (6.74%), Copper: 0.09mg (4.66%), Vitamin K: 3.9µg (3.72%), Fiber: 0.85g (3.39%)