



Meyer Lemon Chicken Piccata

READY IN



36 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons capers rinsed drained
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon kosher salt
- 0.5 cup beef broth fat-free
- 0.3 cup meyer lemon juice fresh (3 lemons)
- 0.3 cup sauvignon blanc white wine crisp
- 16 ounce chicken breast halves boneless skinless

2 tablespoons butter unsalted divided

Equipment

frying pan

plastic wrap

meat tenderizer

Directions

Split chicken breast halves in half horizontally to form 4 cutlets.

Place each cutlet between 2 sheets of heavy-duty plastic wrap; pound each cutlet to 1/4-inch thickness using a meat mallet or small heavy skillet.

Sprinkle cutlets evenly with salt and pepper.

Place flour in a shallow dish; dredge cutlets in flour.

Melt 1 tablespoon butter in a large skillet over medium-high heat.

Add 2 cutlets to pan, and saut 2 minutes. Turn cutlets over; saut for 1 minute.

Remove the cutlets from pan. Repeat the procedure with remaining 1 tablespoon butter and 2 cutlets.

Add wine to pan, and bring to a boil, scraping pan to loosen browned bits. Cook for 1 minute or until liquid almost evaporates. Stir in chicken broth; bring to a boil. Cook until broth mixture is reduced to 2 tablespoons (about 4 minutes). Stir in juice and capers.

Serve over chicken.

Sprinkle with parsley.

Nutrition Facts


■ PROTEIN 47.81% ■ FAT 36.8% ■ CARBS 15.39%

Properties

Glycemic Index:34.75, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:16.319565202879%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 8.81g (13.55%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0.59g (0.65%), Cholesterol: 87.62mg (29.21%), Sodium: 591.24mg (25.71%), Alcohol: 2.07g (100%), Alcohol %: 1.27% (100%), Protein: 25.75g (51.49%), Vitamin B3: 12.39mg (61.93%), Vitamin K: 63.43µg (60.41%), Selenium: 39.08µg (55.84%), Vitamin B6: 0.87mg (43.35%), Phosphorus: 252.65mg (25.27%), Vitamin C: 14.39mg (17.44%), Vitamin B5: 1.7mg (17.02%), Potassium: 534.65mg (15.28%), Vitamin A: 532.27IU (10.65%), Vitamin B2: 0.17mg (9.82%), Vitamin B1: 0.14mg (9.55%), Magnesium: 35.98mg (8.99%), Folate: 29.75µg (7.44%), Iron: 1.11mg (6.19%), Zinc: 0.78mg (5.23%), Manganese: 0.1mg (4.94%), Vitamin B12: 0.24µg (3.98%), Copper: 0.07mg (3.43%), Vitamin E: 0.48mg (3.18%), Fiber: 0.56g (2.22%), Calcium: 17.25mg (1.73%), Vitamin D: 0.22µg (1.46%)