



Miso Chicken Piccata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers rinsed drained
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 cup less-sodium chicken broth fat-free divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons miso yellow (soybean paste)

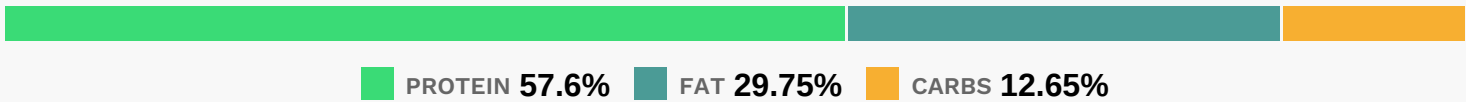
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine 1/4 cup broth and miso, stirring well with a whisk until miso dissolves. Stir in 1/2 cup broth. Set aside.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Place flour in a shallow dish; dredge chicken in flour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until browned.
- ☐ Remove chicken from pan.
- ☐ Add wine to pan, scraping pan to loosen browned bits. Reduce heat to medium; stir in miso mixture and garlic. Return chicken to pan; cook 3 minutes or until done.
- ☐ Remove from heat; stir in juice, capers, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:19.386087210282%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 295.6kcal (14.78%), Fat: 8.86g (13.63%), Saturated Fat: 1.6g (10%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.56g (1.73%), Cholesterol: 108.86mg (36.29%), Sodium: 959.67mg (41.72%), Alcohol: 3.09g (100%), Alcohol %: 1.39% (100%), Protein: 38.58g (77.17%), Vitamin B3: 18.39mg (91.97%), Selenium: 57.73µg (82.48%), Vitamin B6: 1.34mg (66.97%), Phosphorus: 394.47mg (39.45%), Vitamin B5: 2.57mg (25.74%), Potassium: 715.4mg (20.44%), Magnesium: 57.13mg (14.28%), Vitamin B2: 0.24mg (14.15%), Manganese: 0.23mg (11.29%), Vitamin B1: 0.16mg (10.75%), Vitamin C: 8.35mg (10.12%), Zinc: 1.41mg (9.42%), Iron: 1.38mg (7.66%), Vitamin B12: 0.44µg (7.26%), Vitamin K: 7.41µg (7.06%), Copper: 0.13mg (6.73%), Vitamin E: 0.89mg (5.93%), Folate: 20.82µg (5.2%), Fiber: 1g (3.98%), Calcium: 24.92mg (2.49%), Vitamin A: 68.97IU (1.38%), Vitamin D: 0.17µg (1.13%)