



Mushroom Chicken Piccata

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 1 cup chicken broth
- 1 tablespoon cornstarch
- 1 eggs
- 0.5 cup flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped for garnish
- 2 tablespoons juice of lemon
- 2 tablespoons milk

- 0.3 cup onion chopped
- 0.5 teaspoon paprika
- 1 teaspoon salt
- 6 chicken breast halves boneless skinless
- 0.5 cup white wine

Equipment

- bowl
- frying pan

Directions

- In a shallow dish or bowl, mix together flour, salt and paprika. In a separate dish or bowl mix together egg and milk. Dip chicken pieces in egg mixture, then in seasoned flour.
- In a large skillet, heat butter or margarine over medium high heat.
- Saute chicken pieces until golden brown.
- Add mushrooms and onion and saute for 3 to 5 minutes.
- In a medium bowl combine the broth, wine, lemon juice and cornstarch.
- Mix together and pour mixture over chicken and mushrooms. Reduce heat to medium low and let chicken mixture simmer for 25 minutes or until chicken is cooked through and juices run clear.
- Sprinkle with parsley and serve

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:6.34, Inflammation Score:-5, Nutrition Score:16.932608314182%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 11.71g (18.02%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.6g (4.22%), Sugar: 1.84g (2.05%), Cholesterol: 121.05mg (40.35%), Sodium: 740.32mg (32.19%), Alcohol: 2.06g (100%), Alcohol %: 1.02% (100%), Protein: 27.8g (55.61%), Vitamin B3: 13.93mg (69.63%), Selenium: 45.91µg (65.59%), Vitamin B6: 0.93mg (46.53%), Phosphorus: 311.45mg (31.15%), Vitamin B5: 2.4mg (23.97%), Vitamin B2: 0.39mg (23.02%), Potassium: 613.05mg (17.52%), Vitamin B1: 0.21mg (13.7%), Vitamin K: 12.12µg (11.54%), Magnesium: 40.78mg (10.19%), Folate: 37.3µg (9.32%), Copper: 0.18mg (9.21%), Vitamin A: 454.31IU (9.09%), Manganese: 0.16mg (8.2%), Iron: 1.41mg (7.81%), Zinc: 1.13mg (7.53%), Vitamin C: 5.47mg (6.63%), Vitamin B12: 0.36µg (5.95%), Vitamin E: 0.6mg (3.99%), Fiber: 0.88g (3.52%), Calcium: 27.61mg (2.76%), Vitamin D: 0.39µg (2.6%)