



Pepper Chicken Piccata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground pepper
- ☐ 1 juice of lemon juiced
- ☐ 2 bell peppers diced red seeded
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into cubes

- ☐ 2 large onions sweet peeled cut into wedges
- ☐ 3 tablespoons vegetable oil

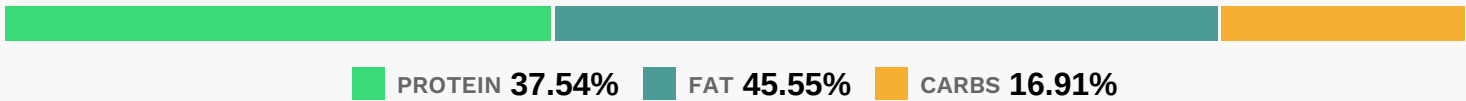
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ In a large skillet, heat oil.
- ☐ Saute red bell peppers and onions until they begin to soften.
- ☐ Remove from skillet with a slotted spoon and set aside.
- ☐ Add cubed chicken to skillet and brown lightly.
- ☐ Add garlic and ground red pepper. Reduce heat slightly and saute, covered, for 1 to 2 minutes, until garlic is golden brown.
- ☐ Using a wooden spoon, add lemon juice, stirring to break up particles on bottom of skillet (deglazing).
- ☐ Add butter/margarine, stirring and blending well into the sauce. Return bell pepper and onion to skillet, stir all together and add parsley. Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:30.303912800291%

Flavonoids

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.93mg,

Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg

Nutrients (% of daily need)

Calories: 407.38kcal (20.37%), Fat: 20.64g (31.75%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 14.38g (5.23%), Sugar: 11.03g (12.26%), Cholesterol: 123.91mg (41.3%), Sodium: 453.19mg (19.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.54%), Vitamin C: 92.19mg (111.75%), Vitamin B3: 18.59mg (92.96%), Vitamin B6: 1.69mg (84.35%), Selenium: 55.61µg (79.45%), Vitamin K: 55.85µg (53.19%), Vitamin A: 2270.03IU (45.4%), Phosphorus: 423.17mg (42.32%), Vitamin B5: 2.81mg (28.09%), Potassium: 978.89mg (27.97%), Folate: 77.06µg (19.27%), Magnesium: 68.27mg (17.07%), Vitamin E: 2.33mg (15.52%), Vitamin B2: 0.26mg (15.36%), Vitamin B1: 0.22mg (14.39%), Manganese: 0.25mg (12.41%), Fiber: 2.87g (11.46%), Zinc: 1.4mg (9.34%), Iron: 1.48mg (8.21%), Copper: 0.16mg (7.88%), Vitamin B12: 0.35µg (5.87%), Calcium: 53.53mg (5.35%), Vitamin D: 0.17µg (1.13%)