



Progresso Creamy Chicken Piccata



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers
- ☐ 18 ounce chicken stock cooking sauce canned
- ☐ 4 servings soup noodles hot cooked
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 4 chicken breasts boneless skinless

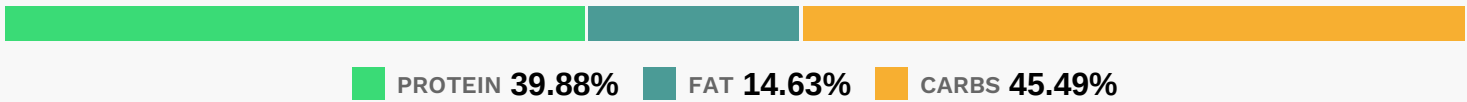
Equipment

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

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick. In small shallow dish, mix flour with 1 teaspoon salt and 1/2 teaspoon pepper; dip each chicken breast into flour mixture, coating all sides.
- ☐ In 10-inch skillet, heat 2 tablespoons vegetable oil over medium-high heat. Cook chicken breasts in oil 6 to 8 minutes, turning once, or until brown. In small bowl, mix cooking sauce and lemon juice.
- ☐ Pour sauce mixture over chicken; sprinkle with parsley and capers. Reduce heat to medium-low; simmer 5 to 10 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165 degrees F).
- ☐ Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:16.31, Inflammation Score:-5, Nutrition Score:19.589565059413%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 341.6kcal (17.08%), Fat: 5.4g (8.31%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.83g (13.03%), Sugar: 2.83g (3.14%), Cholesterol: 76.15mg (25.38%), Sodium: 426.51mg (18.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.27%), Selenium: 64.12µg (91.59%), Vitamin B3: 14.67mg (73.33%), Vitamin B6: 0.98mg (48.86%), Phosphorus: 331.94mg (33.19%), Vitamin K: 34.29µg (32.66%), Potassium: 622.08mg (17.77%), Vitamin B5: 1.76mg (17.63%), Manganese: 0.35mg (17.58%), Vitamin B2: 0.29mg (16.84%), Magnesium: 54.5mg (13.62%), Vitamin B1: 0.2mg (13.36%), Iron: 2.34mg (12.98%), Copper: 0.22mg (10.77%), Vitamin C: 8.8mg (10.66%), Folate: 37.36µg (9.34%), Zinc: 1.36mg (9.08%), Fiber: 1.97g (7.87%), Vitamin A: 212.4IU (4.25%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.38mg (2.5%), Calcium: 21.63mg (2.16%)