



Progresso® Creamy Chicken Piccata

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 4 chicken breasts boneless skinless

Equipment

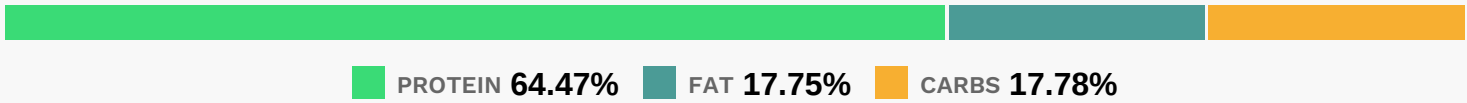
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

- ☐ 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:26.75, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:13.772608544516%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, 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, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 160.45kcal (8.02%), Fat: 3.05g (4.69%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.55g (2.38%), Sugar: 0.32g (0.36%), Cholesterol: 72.32mg (24.11%), Sodium: 132.47mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.79%), Vitamin B3: 12.28mg (61.42%), Selenium: 38.82µg (55.46%), Vitamin B6: 0.86mg (42.84%), Vitamin K: 33.05µg (31.48%), Phosphorus: 247.8mg (24.78%), Vitamin B5: 1.67mg (16.67%), Potassium: 449.13mg (12.83%), Vitamin C: 8.37mg (10.15%), Vitamin B1: 0.14mg (9.2%),

Vitamin B2: 0.16mg (9.13%), Magnesium: 32.77mg (8.19%), Folate: 24.11µg (6.03%), Iron: 0.91mg (5.08%), Zinc: 0.74mg (4.91%), Vitamin A: 203.05IU (4.06%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.07mg (3.74%), Copper: 0.05mg (2.33%), Vitamin E: 0.25mg (1.68%), Fiber: 0.31g (1.24%), Calcium: 10.26mg (1.03%)