



Quick Chicken Piccata

READY IN



30 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 pound pilgrim's pride chicken breasts
- 0.3 cup chicken broth
- 12 oz noodles cooked
- 2 tablespoons parsley fresh chopped
- 0.5 cup italian-seasoned breadcrumbs
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 teaspoon pepper

0.5 teaspoon salt

Equipment

frying pan

plastic wrap

aluminum foil

rolling pin

meat tenderizer

Directions

Cut each chicken breast in half horizontally.

Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or the flat side of a meat mallet.

Sprinkle chicken evenly with salt and pepper; lightly dredge in breadcrumbs.

Cook half of chicken in 1 Tbsp. hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until golden brown and done.

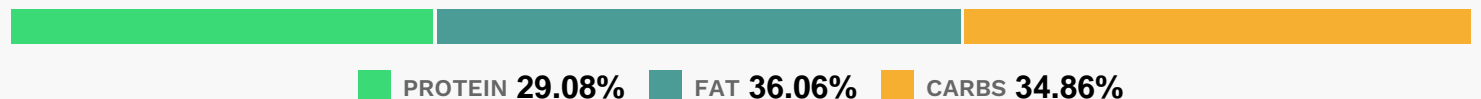
Remove chicken to a serving platter, and cover with aluminum foil. Repeat procedure with remaining chicken and 1 Tbsp. olive oil.

Add broth and lemon juice to skillet, and cook, stirring to loosen particles from bottom of skillet, until sauce is slightly thickened.

Remove from heat; add butter and parsley, stirring until butter melts.

Pour sauce over chicken, and serve over warm noodles.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:12.04, Inflammation Score:-6, Nutrition Score:20.162609007048%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 437.87kcal (21.89%), Fat: 17.31g (26.63%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 35.22g (12.81%), Sugar: 1.71g (1.9%), Cholesterol: 88.07mg (29.36%), Sodium: 724.4mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.81%), Selenium: 62.6µg (89.43%), Vitamin B3: 13.17mg (65.83%), Vitamin B6: 0.92mg (46.23%), Vitamin K: 45.04µg (42.9%), Phosphorus: 318.74mg (31.87%), Manganese: 0.48mg (24.12%), Vitamin B5: 1.84mg (18.4%), Vitamin B1: 0.24mg (16.12%), Potassium: 522.09mg (14.92%), Iron: 2.46mg (13.65%), Magnesium: 54.09mg (13.52%), Vitamin B2: 0.21mg (12.22%), Vitamin C: 8.78mg (10.64%), Vitamin E: 1.52mg (10.11%), Fiber: 2.43g (9.72%), Zinc: 1.35mg (9.02%), Folate: 33.88µg (8.47%), Vitamin A: 408.72IU (8.17%), Copper: 0.16mg (8.14%), Vitamin B12: 0.29µg (4.9%), Calcium: 45.98mg (4.6%)