

Crispy Chicken Piccata

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-piccata-recipes>

Ingredients:

- 4 chicken breasts small, or 2 large, cut in half lengthwise
- 1/2 cup flour
- 1 1/2 teaspoons salt divided
- 1 large egg
- 1 cup potato flakes
- 1/2 cup plain breadcrumbs
- 1/2 teaspoon garlic powder
- 4 tablespoons unsalted butter divided
- 2/3 cup dry white wine
- 3 tablespoons lemon juice
- 1 1/2 tablespoons capers
- 2 tablespoons chopped parsley

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 160 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams
8. Sodium: 1250 milligrams
9. Sugar: 2 grams

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