

# Chicken Piccata with Artichokes

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-lemon-capers>

## Ingredients:

- 3 boneless, skinless chicken breasts about 1 1/2 lb., 750 g total
- 1/2 cup all purpose flour
- kosher salt
- freshly ground pepper
- 3 tablespoons olive oil
- 2 tablespoons unsalted butter at room temperature
- 2 garlic cloves chopped
- 6 ounces artichoke hearts rinsed, drained and quartered
- 1 cup dry white wine 8 fl. oz./250 ml
- 1/2 cup low sodium chicken broth 4 fl. oz./125 ml
- 1 lemon
- 2 tablespoons capers rinsed and drained
- 1 tablespoon fresh flat leaf parsley chopped

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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