

Chicken Piccata

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/is-chicken-piccata-really-an-italian-recipe>

Ingredients:

- 2 lemons large
- 4 skinless chicken breasts boneless, about 1 ½ pounds, preferably kosher or Bell and Evans, rinsed, dried thoroughly, trimmed of excess fat
- salt and ground black pepper
- 1 cup unbleached all-purpose flour
- 4 tablespoons vegetable oil
- 1 shallot small, minced, about 2 tablespoons or 1 small garlic clove, minced, about 1 teaspoon
- 1 cup chicken stock or canned low-sodium chicken broth
- 2 tablespoons capers small, drained
- 3 tablespoons unsalted butter softened
- 2 tablespoons fresh parsley leaves minced

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 170 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 54 grams
7. SaturatedFat: 9 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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