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Chicken Scampi Lunch ♦♦

A delicious chicken scampi recipe that is perfect for lunch. The dish originated in Italy and is known for its flavorful garlic and butter sauce. It is typically served with pasta or rice.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
4 cloves	garlic
4 tbsp	butter
2 tbsp	lemon juice
1 c	white wine

2 tbsp	Parsley
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat butter in a large skillet over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Frying

Add the chicken breasts to the skillet and cook until browned on both sides.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Simmering

Pour in the white wine and lemon juice. Bring to a simmer and cook for 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Boiling

Remove the chicken breasts from the skillet and set aside. Increase the heat and reduce the sauce until thickened.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Slice the chicken breasts and serve with the sauce. Garnish with chopped parsley.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Chinese

American

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Side Dishes

Cultural

Chinese New Year

Cooking Method

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

Meal Type

Lunch

Difficulty Level

Medium

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