



Apple and Prosciutto Stuffed Chicken Breast

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 0.5 cup apples finely chopped
- 0.5 teaspoon apple pie spice
- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 1 dash ground pepper black
- 0.7 cup milk
- 4 slices pancetta thin
- 4 chicken breast halves boneless skinless

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- toothpicks
- kitchen thermometer
- meat tenderizer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease an ovenproof baking dish; set aside.
- Combine chopped apple and the 1/8 teaspoon apple pie spice in a small bowl; set aside.
- Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/4 inch.
- Place one slice of prosciutto on each chicken breast.
- Place 1/4 of the apple mixture on each chicken breast.
- Roll up each breast and secure with a toothpick.
- Sprinkle the 1/2 teaspoon apple pie spice all over outside of chicken breasts and place into the prepared baking dish.
- Bake the chicken breasts, uncovered, in the preheated oven until no longer pink in the center and the juices run clear, about for 25–30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- When chicken is almost done, melt butter in a small saucepan over medium heat.
- Whisk in flour to make a smooth paste.
- Whisk in milk and pepper; bring to a boil. Cook and stir until thickened and bubbly, about 5 minutes.

Serve sauce over chicken.

Nutrition Facts

PROTEIN 47.86% **FAT 41.75%** **CARBS 10.39%**

Properties

Glycemic Index:56.75, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:13.157391346019%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 227.54kcal (11.38%), Fat: 10.32g (15.88%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.61g (4.01%), Cholesterol: 90mg (30%), Sodium: 222.33mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.23%), Vitamin B3: 12.28mg (61.41%), Selenium: 39.24µg (56.05%), Vitamin B6: 0.9mg (45.04%), Phosphorus: 294.81mg (29.48%), Vitamin B5: 1.83mg (18.28%), Potassium: 516.49mg (14.76%), Vitamin B2: 0.19mg (11.21%), Magnesium: 36.87mg (9.22%), Vitamin B1: 0.14mg (9.01%), Vitamin B12: 0.49µg (8.19%), Zinc: 0.95mg (6.3%), Calcium: 59.94mg (5.99%), Manganese: 0.08mg (4.03%), Vitamin A: 199.43IU (3.99%), Vitamin D: 0.59µg (3.95%), Iron: 0.61mg (3.38%), Vitamin C: 2.13mg (2.59%), Vitamin E: 0.38mg (2.57%), Folate: 8.59µg (2.15%), Copper: 0.04mg (2.14%), Fiber: 0.47g (1.88%)