



Basil and Prosciutto Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1.3 pounds chicken breast halves boneless skinless
- 4 teaspoons dijon mustard
- 4 slices pancetta fully cooked thin
- 1 ounce mozzarella cheese shredded
- 4 basil fresh

Equipment

- frying pan

Directions

- Heat oil in 10-inch skillet over medium heat. Cook chicken in oil 6 minutes.
- Turn chicken; brush with mustard and top with prosciutto. Cook 6 to 8 minutes
- longer or until juice of chicken is no longer pink when centers of thickest pieces are
- cut.
- Sprinkle cheese over chicken. Cook about 2 minutes or until cheese is melted.
- Garnish with basil.

Nutrition Facts

PROTEIN 54.44% **FAT 44.68%** **CARBS 0.88%**

Properties

Glycemic Index:32.25, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:15.254348008529%

Nutrients (% of daily need)

Calories: 249.41kcal (12.47%), Fat: 12g (18.46%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.15g (0.16%), Cholesterol: 101.6mg (33.87%), Sodium: 316.84mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.8%), Vitamin B3: 15.15mg (75.73%), Selenium: 49.87µg (71.25%), Vitamin B6: 1.09mg (54.48%), Phosphorus: 339.9mg (33.99%), Vitamin B5: 2.09mg (20.9%), Potassium: 554.37mg (15.84%), Magnesium: 41.89mg (10.47%), Vitamin B2: 0.17mg (10.11%), Vitamin B1: 0.12mg (8.3%), Vitamin B12: 0.49µg (8.08%), Vitamin K: 8.43µg (8.03%), Zinc: 1.16mg (7.72%), Calcium: 47.14mg (4.71%), Vitamin E: 0.62mg (4.11%), Iron: 0.68mg (3.79%), Manganese: 0.05mg (2.49%), Copper: 0.05mg (2.38%), Vitamin A: 118.04IU (2.36%), Vitamin C: 1.79mg (2.17%), Folate: 6.79µg (1.7%), Vitamin D: 0.2µg (1.35%)