



WHATSheATE



Chicken Breast with Pancetta Cream and Peas

READY IN



37 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup wine dry white
- ☐ 2 teaspoons flour all-purpose
- ☐ 4 garlic clove thinly sliced
- ☐ 0.4 teaspoon kosher salt
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces pancetta chopped

- ☐ 1 cup peas green frozen thawed
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons water

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Remove garlic from pan using a slotted spoon; reserve garlic. Increase heat to medium-high.
- ☐ Add pancetta; saut 4 minutes or until crisp.
- ☐ Remove pancetta from pan using a slotted spoon; reserve pancetta.
- ☐ Sprinkle chicken with salt and pepper; saut 4 minutes on each side.
- ☐ Remove chicken from pan.
- ☐ Add wine; bring to a boil, scraping pan to loosen browned bits. Cook until the liquid almost evaporates (about 3 minutes). Return chicken to pan.
- ☐ Add stock; bring to a boil. Reduce heat to medium, cover, and cook for 6 minutes or until chicken is done.
- ☐ Remove chicken from pan.
- ☐ Add mascarpone to pan, stirring with a whisk until smooth.
- ☐ Combine water and flour, stirring with a whisk.
- ☐ Add flour mixture to pan; bring to a boil. Cook 2 minutes; stir in pancetta, garlic, and peas. Cook 1 minute.
- ☐ Serve sauce over chicken.

Nutrition Facts



 **PROTEIN 47%**  **FAT 41.49%**  **CARBS 11.51%**

Properties

Glycemic Index:49.08, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:22.682608848033%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 386.92kcal (19.35%), Fat: 16.39g (25.22%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.05g (2.93%), Sugar: 3.32g (3.69%), Cholesterol: 125.18mg (41.73%), Sodium: 579.94mg (25.21%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 41.78g (83.57%), Vitamin B3: 19.99mg (99.94%), Selenium: 59.34µg (84.77%), Vitamin B6: 1.45mg (72.66%), Phosphorus: 439.13mg (43.91%), Vitamin B5: 2.56mg (25.58%), Potassium: 838mg (23.94%), Vitamin C: 17.6mg (21.33%), Vitamin B1: 0.27mg (18.07%), Vitamin B2: 0.29mg (17.09%), Magnesium: 64.13mg (16.03%), Manganese: 0.28mg (14.19%), Zinc: 1.73mg (11.51%), Vitamin K: 11.94µg (11.37%), Folate: 35.61µg (8.9%), Vitamin A: 440.03IU (8.8%), Fiber: 2.19g (8.75%), Iron: 1.54mg (8.58%), Copper: 0.16mg (8.06%), Vitamin B12: 0.39µg (6.56%), Vitamin E: 0.94mg (6.28%), Calcium: 39.63mg (3.96%), Vitamin D: 0.21µg (1.42%)