



Chicken Cutlets Brasciole

READY IN



43 min.

SERVINGS



4

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 cup cooking wine dry white
- 1 cup flat-leaf parsley
- 2 tablespoons tarragon fresh chopped
- 2 cloves garlic finely chopped
- 1 Handful golden raisins
- 1 tablespoon lemon zest
- 2 tablespoons olive oil extra-virgin
- 0.5 cup parmigiano-reggiano grated

- 0.3 cup pinenuts
- 4 servings salt and pepper black freshly ground
- 4 pieces chicken breast boneless skinless
- 2 cups tomato sauce
- 0.5 cup water hot
- 3 slices sandwich bread white

Equipment

- bowl
- frying pan
- toothpicks

Directions

- Pour very hot tap water into a small bowl.
- Add raisins and plump 5 minutes.
- Lightly toast nuts in a small skillet over medium low heat.
- Drain raisins and pat dry.
- Place raisins, nuts, parsley, lemon zest, garlic, torn bread and cheese into processor and pulse into a stuffing.
- Butterfly the chicken open by cutting into and across the breast but not all the way through. Pound out the cutlets and season the chicken with salt and pepper. Fill the breasts with stuffing, roll and secure with toothpicks.
- Heat the olive oil and butter in a large skillet over medium-high heat. Brown the brasciole all over 7 to 8 minutes, remove and set aside. Deglaze pan with wine, scraping up the drippings. Stir in tomatoes and tarragon, add chicken back, cover and simmer 15 minutes. Slice and serve.

Nutrition Facts



PROTEIN 11.84% FAT 57.15% CARBS 31.01%

Properties

Glycemic Index:108.11, Glycemic Load:13.58, Inflammation Score:-9, Nutrition Score:23.892608514299%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 389.79kcal (19.49%), Fat: 23.17g (35.64%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.42g (8.88%), Sugar: 10.99g (12.21%), Cholesterol: 24.19mg (8.06%), Sodium: 933.13mg (40.57%), Alcohol: 6.18g (100%), Alcohol %: 2.65% (100%), Protein: 10.8g (21.6%), Vitamin K: 259.63µg (247.26%), Manganese: 1.42mg (71.07%), Vitamin A: 2217.95IU (44.36%), Vitamin C: 33mg (40%), Calcium: 283.86mg (28.39%), Iron: 4.82mg (26.8%), Vitamin E: 3.92mg (26.13%), Phosphorus: 235.02mg (23.5%), Potassium: 750.18mg (21.43%), Magnesium: 79.85mg (19.96%), Copper: 0.37mg (18.37%), Folate: 69.3µg (17.33%), Vitamin B6: 0.34mg (16.89%), Vitamin B3: 3.3mg (16.48%), Vitamin B2: 0.28mg (16.27%), Fiber: 3.85g (15.4%), Vitamin B1: 0.19mg (12.69%), Selenium: 8.86µg (12.65%), Zinc: 1.75mg (11.69%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.16µg (2.73%)