



Chicken Prosciutto



Gluten Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lbs chicken cutlets
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup butter unsalted
- ☐ 8 sage leaves fresh whole
- ☐ 0.5 pound pancetta very thinly sliced
- ☐ 2 eggs beaten
- ☐ 2 oz fontina italian thin
- ☐ 1 cup cooking wine dry white (like a Sauvignon blanc)

- ☐ 1 Tbsp sage fresh minced
- ☐ 0.5 stick butter unsalted chilled

Equipment

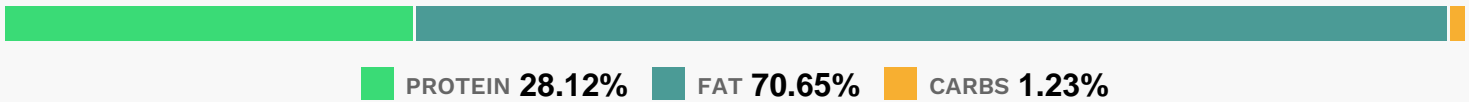
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ broiler
- ☐ wax paper

Directions

- ☐ Pound chicken cutlets to 1/8-inch thickness:
- ☐ Put the chicken cutlets between two sheets of plastic wrap or wax paper and pound to an even thickness of about 1/8-inch.
- ☐ Sprinkle with freshly ground black pepper.
- ☐ Fry sage leaves in butter: Melt butter in a large sauté pan on medium heat. Once the butter starts to foam, add the sage leaves to the pan and cook them for a minute or two, turning them half way through the cooking.
- ☐ Remove them from the pan.
- ☐ Place one or two fried sage leaves on each chicken cutlet and wrap with a thin layer of prosciutto.
- ☐ Dip cutlets in beaten egg, cook in pan: Prepare a shallow bowl with the beaten eggs. Check that the foaming butter in the pan is golden and not browned. (If it has browned too much, start over with new butter, melting it until it foams.)
- ☐ Working in batches so that you don't crowd the pan, dip each prosciutto-wrapped chicken cutlet in beaten egg and place it in the pan.
- ☐ Cook them for a couple minutes on each side, until just cooked through.
- ☐ Remove from the pan.

- ☐
- Cover with slice of cheese, then broil: Preheat the oven broiler. Arrange the chicken cutlets on a baking sheet and cover each cutlet with a slice of cheese.
- ☐
- Place under the broiler just until the cheese melts, about a minute.
- ☐
- Pour out the butter from the pan. Increase the heat to high and add the wine to the pan, deglazing the pan. Boil the wine until it has reduced almost by half.
- ☐
- Add the minced sage and cook for a minute longer. Stir in the chilled butter.
- ☐
- Pour the sauce around the chicken cutlets to serve.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:24.503043222687%

Nutrients (% of daily need)

Calories: 624.51kcal (31.23%), Fat: 46.29g (71.22%), Saturated Fat: 22.74g (142.14%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.22g (0.24%), Cholesterol: 248.15mg (82.72%), Sodium: 525.23mg (22.84%), Alcohol: 4.13g (100%), Alcohol %: 1.85% (100%), Protein: 41.46g (82.92%), Copper: 3.27mg (163.47%), Selenium: 62.14µg (88.77%), Vitamin B3: 17.33mg (86.64%), Vitamin B6: 1.27mg (63.35%), Phosphorus: 441.03mg (44.1%), Vitamin B5: 2.66mg (26.62%), Potassium: 673.18mg (19.23%), Vitamin A: 933.42IU (18.67%), Vitamin B2: 0.28mg (16.43%), Vitamin B1: 0.21mg (14.24%), Vitamin B12: 0.83µg (13.81%), Zinc: 1.89mg (12.6%), Magnesium: 49.46mg (12.36%), Vitamin E: 1.29mg (8.58%), Calcium: 83.79mg (8.38%), Manganese: 0.15mg (7.55%), Vitamin D: 1.08µg (7.18%), Iron: 1.13mg (6.26%), Folate: 14.38µg (3.59%), Vitamin K: 2.74µg (2.61%), Vitamin C: 1.81mg (2.2%)