



Chicken-Prosciutto Bundles

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- 4 fillet grilled & grilled breast thawed fully cooked tyson® ready®
- 8 leaves basil fresh
- 4 slices mozzarella cheese
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 8 slices pancetta
- 0.3 teaspoon salt

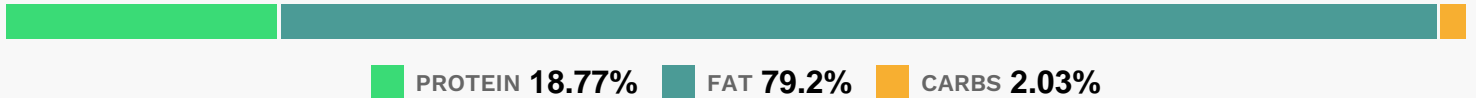
Equipment

- frying pan
- oven
- knife
- toothpicks
- cutting board

Directions

- Preheat oven to 375 degrees F.
- Place chicken on cutting board. Holding sharp knife horizontal to board, cut a 3-inch deep pocket lengthwise in the thick side of each breast.
- Place 2 basil leaves on each slice of mozzarella, then sprinkle with salt and pepper. Stuff each breast pocket with a cheese bundle. Wrap 2 slices prosciutto around each breast, anchoring with toothpicks.
- Heat oil in large oven-proof nonstick skillet over medium-high.
- Add chicken and cook about 3 minutes on each side or until browned.
- Transfer chicken in skillet to oven; bake 12 minutes or until done (internal temp 170 degrees F).

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.4534782598848%

Nutrients (% of daily need)

Calories: 184.85kcal (9.24%), Fat: 16.23g (24.97%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.3g (0.33%), Cholesterol: 33.79mg (11.26%), Sodium: 429.79mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Calcium: 146.48mg (14.65%), Phosphorus: 126.38mg (12.64%), Vitamin B12: 0.73µg (12.16%), Selenium: 8.32µg (11.88%), Zinc: 1.04mg (6.91%), Vitamin K: 7.12µg (6.78%), Vitamin B2: 0.1mg (5.6%), Vitamin A: 251.1IU (5.02%), Vitamin E: 0.64mg (4.26%), Vitamin B3: 0.82mg (4.1%), Vitamin B1: 0.05mg (3.59%), Vitamin B6: 0.06mg (3.05%), Magnesium: 8.73mg (2.18%), Manganese: 0.04mg (1.91%), Potassium: 60.45mg (1.73%), Iron: 0.27mg (1.47%), Vitamin B5: 0.14mg (1.42%), Vitamin D: 0.18µg (1.19%)