



## Chicken Saltimbocca

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 eggs beaten
- 3 Tbsp flour
- 8 sage leaves fresh
- 1 clove garlic minced
- 1 cup italian\* five cheese blend shredded kraft finely
- 0.8 cup panko bread crumbs
- 4 slices pancetta thin
- 1 lb chicken breasts boneless skinless
- 3 Tbsp tuscan house dressing italian divided kraft

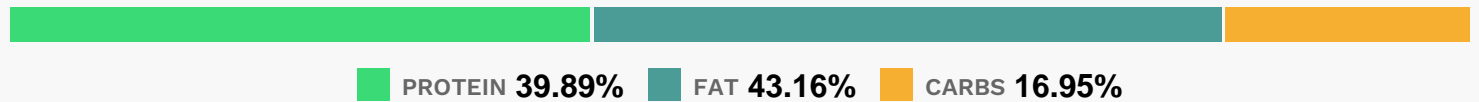
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Pound chicken to 1/4-inch thickness. Top with prosciutto and sage; sprinkle evenly with cheese.
- Roll up tightly, starting at 1 short end of each.
- Mix bread crumbs, 2 Tbsp. dressing and garlic in medium bowl.
- Place flour and egg in separate bowls. Coat each chicken roll-up with flour, egg and crumb mixture; place in 12x8-inch baking dish.
- Drizzle with remaining dressing.
- Bake 32 to 35 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:2.1, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.2821739367817%

## Nutrients (% of daily need)

Calories: 28.87kcal (1.44%), Fat: 1.37g (2.11%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.16g (0.17%), Cholesterol: 9.95mg (3.32%), Sodium: 35.63mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Selenium: 3.71µg (5.3%), Vitamin B3: 1.06mg (5.3%), Vitamin B6: 0.07mg (3.69%), Phosphorus: 23.91mg (2.39%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.37%), Copper: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.15%), Potassium: 39.3mg (1.12%)