



Chicken Saltimbocca

READY IN



36 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoons pepper black
- ☐ 2 teaspoons butter
- ☐ 0.7 cup less-sodium chicken broth dry white fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 ounce pancetta very thinly sliced cut in half crosswise (2 slices)
- ☐ 0.3 teaspoon salt

☐ 4 chicken breast halves boneless skinless

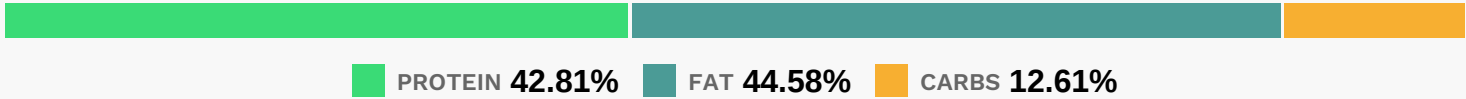
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ broiler
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken evenly with salt and pepper; dredge in flour.
- ☐ Preheat broiler.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add 2 chicken breast halves; cook 4 minutes on each side or until lightly browned and done.
- ☐ Place chicken on a jelly-roll pan coated with cooking spray. Repeat procedure with remaining oil and chicken.
- ☐ Add wine to pan, scraping pan to loosen browned bits. Bring to a boil; reduce heat, and simmer 6 minutes or until wine is reduced to 1/4 cup.
- ☐ Add butter, stirring until butter melts.
- ☐ While sauce simmers, sprinkle sage evenly over chicken; top each piece of chicken with half a slice of prosciutto and 2 tablespoons cheese. Broil 2 minutes or until cheese melts and is lightly browned.
- ☐ Place chicken on serving plates; spoon sauce evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:5.77, Inflammation Score:-3, Nutrition Score:19.05478252017%

Nutrients (% of daily need)

Calories: 284kcal (14.2%), Fat: 13.72g (21.1%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.35g (3.04%), Sugar: 0.25g (0.27%), Cholesterol: 91.33mg (30.44%), Sodium: 581.17mg (25.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.64g (59.27%), Copper: 3.09mg (154.61%), Vitamin B3: 12.91mg (64.57%), Selenium: 44µg (62.85%), Vitamin B6: 0.89mg (44.27%), Phosphorus: 328.9mg (32.89%), Vitamin B5: 1.76mg (17.56%), Potassium: 472.98mg (13.51%), Vitamin B2: 0.22mg (13.11%), Calcium: 126.39mg (12.64%), Vitamin B1: 0.18mg (12.14%), Manganese: 0.21mg (10.51%), Magnesium: 38.09mg (9.52%), Zinc: 1.23mg (8.19%), Vitamin B12: 0.46µg (7.6%), Iron: 1.16mg (6.44%), Folate: 25.32µg (6.33%), Vitamin E: 0.83mg (5.56%), Vitamin A: 167.02IU (3.34%), Vitamin K: 2.97µg (2.83%), Vitamin C: 1.36mg (1.64%), Fiber: 0.38g (1.54%), Vitamin D: 0.18µg (1.22%)