



## Chicken Saltimbocca

READY IN



30 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 oz chicken breast boneless skinless
- 0.3 cup flour all-purpose
- 2 tablespoons parmesan cheese grated
- 1 teaspoon seasoning italian
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil
- 3 oz pancetta
- 4 oz mozzarella cheese
- 1 teaspoon sage fresh chopped

- 0.8 cup chicken broth (from 32-oz carton)
- 1 tablespoon butter

## Equipment

- frying pan
- plastic wrap
- aluminum foil
- rolling pin
- meat tenderizer

## Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until 1/4 inch thick. In shallow dish, mix flour, Parmesan cheese, Italian seasoning and salt. Coat chicken with flour mixture; shake off excess flour.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken; cook about 8 minutes, turning once, until browned on outside and no longer pink in center. Top each chicken breast with 1 slice prosciutto and 1 slice mozzarella cheese. Cover skillet tightly; cook 1 to 2 minutes or until cheese is melted.
- Sprinkle sage over chicken.
- Remove chicken from skillet to serving platter; cover loosely with tent of foil, being careful not to let foil touch cheese.
- Increase heat to high.
- Add broth to skillet.
- Heat to boiling, scraping up any browned bits from bottom of skillet. Boil about 3 minutes or until broth is reduced to about 1/4 cup.
- Remove from heat; beat in butter. Spoon over chicken.

## Nutrition Facts

**PROTEIN 38.13%** **FAT 53.96%** **CARBS 7.91%**

## Properties

Glycemic Index:26.75, Glycemic Load:5.93, Inflammation Score:-5, Nutrition Score:26.699565617935%

## Nutrients (% of daily need)

Calories: 506.04kcal (25.3%), Fat: 29.74g (45.75%), Saturated Fat: 9.57g (59.83%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.28g (3.37%), Sugar: 0.53g (0.59%), Cholesterol: 148.35mg (49.45%), Sodium: 1047.09mg (45.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.55%), Selenium: 68.13µg (97.33%), Vitamin B3: 19.36mg (96.82%), Copper: 1.6mg (79.98%), Vitamin B6: 1.35mg (67.66%), Phosphorus: 518.77mg (51.88%), Vitamin B5: 2.65mg (26.47%), Vitamin B2: 0.36mg (21.07%), Potassium: 726.64mg (20.76%), Calcium: 190.65mg (19.07%), Vitamin B12: 1.14µg (18.98%), Vitamin B1: 0.27mg (18.03%), Vitamin K: 16.68µg (15.89%), Zinc: 2.3mg (15.34%), Magnesium: 58.37mg (14.59%), Manganese: 0.21mg (10.26%), Iron: 1.61mg (8.95%), Vitamin E: 1.26mg (8.41%), Vitamin A: 406.75IU (8.13%), Folate: 29.22µg (7.31%), Vitamin D: 0.38µg (2.54%), Vitamin C: 2.06mg (2.5%), Fiber: 0.53g (2.12%)