

Chicken Saltimbocca







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.3 teaspoon salt

O.3 teaspoons pepper black
2 teaspoons butter
0.7 cup fat-skimmed beef broth dry white fat-free
O.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 slice

	4 chicken breast halves boneless skinless	
Εq	uipment	
	frying pan	
	plastic wrap	
	broiler	
	rolling pin	
	meat tenderizer	
Diı	rections	
	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 11/2 teaspoons oil in a large nonstick skillet coated with cooking spray over mediumhigh 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 PROTEIN 42.81% FAT 44.58% CARBS 12.61%		

Properties

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 %: O% (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%)