



Chicken Saltimbocca

READY IN



18 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 12 sage leaves fresh finely chopped
- ☐ 0.5 optional: lemon cut into wedges
- ☐ 1.5 tablespoons olive oil
- ☐ 8 slices pancetta thin
- ☐ 4 servings salt and pepper
- ☐ 4 chicken breast halves boneless skinless (1 lb. total)
- ☐ 1.5 tablespoons butter unsalted

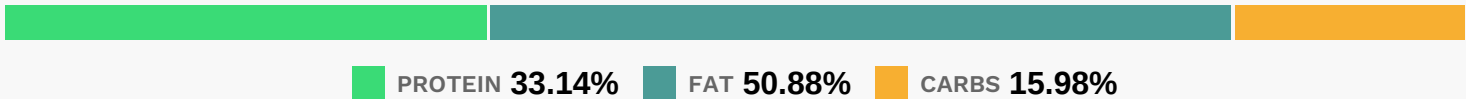
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place flour in a shallow bowl and stir in sage.
- ☐ Sprinkle chicken with salt and pepper. Coat each breast with seasoned flour, shaking excess back into bowl. Drape a slice of prosciutto over each side of each breast, overlapping slightly.
- ☐ Warm half of butter and oil in a large skillet over medium-high heat. Carefully add half of chicken, taking care to keep prosciutto in place. Cook until browned on both sides, turning once, 4 to 6 minutes total.
- ☐ Transfer chicken to a plate and cover to keep warm. Repeat with remaining butter, oil and chicken.
- ☐ Serve immediately with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:8.85, Inflammation Score:-4, Nutrition Score:15.744782458181%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 340.56kcal (17.03%), Fat: 18.99g (29.21%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.6g (4.58%), Sugar: 0.38g (0.43%), Cholesterol: 94.17mg (31.39%), Sodium: 432.06mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.64%), Vitamin B3: 13.37mg (66.84%), Selenium: 44.78µg (63.97%), Vitamin B6: 0.91mg (45.34%), Phosphorus: 280.68mg (28.07%), Copper: 0.43mg (21.74%), Vitamin B5: 1.8mg (17.99%), Vitamin B1: 0.25mg (16.34%), Potassium: 487mg (13.91%), Vitamin B2: 0.21mg

(12.22%), Vitamin C: 8.51mg (10.32%), Magnesium: 36.13mg (9.03%), Folate: 34.76µg (8.69%), Vitamin E: 1.19mg (7.94%), Iron: 1.34mg (7.42%), Manganese: 0.14mg (7.11%), Zinc: 0.97mg (6.46%), Vitamin B12: 0.31µg (5.25%), Vitamin K: 3.8µg (3.62%), Vitamin A: 173.99IU (3.48%), Fiber: 0.81g (3.23%), Vitamin D: 0.26µg (1.71%), Calcium: 14.53mg (1.45%)