



Chicken Saltimbocca

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chicken seasoning salt-free (such as McCormick Grill Mates)
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2.3 ounces flour all-purpose
- ☐ 4 sage leaves fresh finely chopped
- ☐ 0.5 cup marsala wine
- ☐ 2 tablespoons olive oil
- ☐ 4 slices pancetta very thin

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

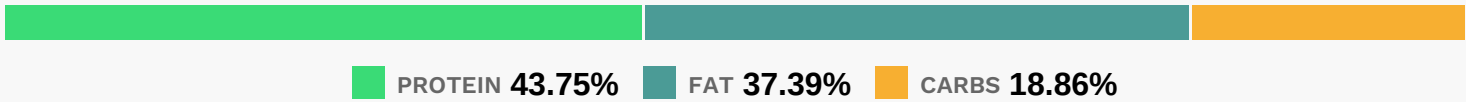
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ 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 small heavy skillet.
- ☐ Combine chicken seasoning, salt, and pepper; sprinkle over both sides of chicken.
- ☐ Sprinkle sage evenly onto underside of each breast half; top each with 1 prosciutto slice.
- ☐ Place flour in a shallow dish; carefully dredge chicken in flour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Arrange chicken, prosciutto side up, in pan; cook for 3 minutes. Carefully turn over, and cook for 3 minutes or until done.
- ☐ Add wine and broth to pan; simmer 5 minutes or until reduced to about 1/4 cup.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.82, Inflammation Score:-5, Nutrition Score:20.293043509774%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 398.24kcal (19.91%), Fat: 14.83g (22.81%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 16.31g (5.93%), Sugar: 2.44g (2.71%), Cholesterol: 114.14mg (38.05%), Sodium: 514.99mg (22.39%), Alcohol: 4.59g (100%), Alcohol %: 2.23% (100%), Protein: 39.04g (78.09%), Vitamin B3: 19.24mg (96.21%), Selenium: 62.26µg (88.95%), Vitamin B6: 1.31mg (65.66%), Phosphorus: 392.84mg (39.28%), Vitamin B5: 2.58mg (25.84%), Potassium: 703.73mg (20.11%), Vitamin B1: 0.27mg (17.67%), Vitamin B2: 0.27mg (15.76%), Magnesium: 53.08mg (13.27%), Manganese: 0.23mg (11.43%), Copper: 0.22mg (11.01%), Iron: 1.75mg (9.71%), Folate: 36.98µg (9.25%), Vitamin E: 1.38mg (9.22%), Vitamin K: 8.83µg (8.41%), Zinc: 1.24mg (8.25%), Vitamin B12: 0.44µg (7.28%), Vitamin C: 2.1mg (2.55%), Fiber: 0.52g (2.09%), Calcium: 20.79mg (2.08%), Vitamin A: 67.83IU (1.36%), Vitamin D: 0.2µg (1.35%)