



Chicken Saltimbocca



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon butter
- ☐ 1 tablespoon capers
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon cornstarch
- ☐ 4 juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 4 slices pancetta
- ☐ 4 servings salt and pepper to taste

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4 small chicken breasts boneless skinless thin

Equipment

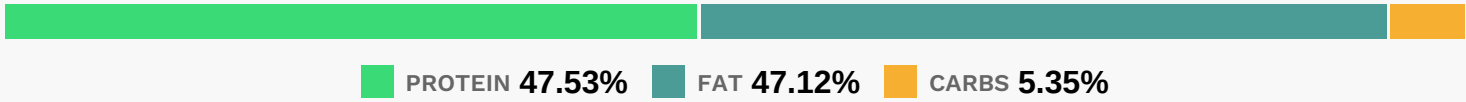
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frying pan

Directions

- ☐
- Season the chicken in salt and pepper and wrap in the prosciutto securing 2 leaves of sage between the prosciutto and each chicken breast.
- ☐
- Heat the oil in a large pan over medium heat, add the chicken and cook until the prosciutto is crispy and the chicken lightly golden brown and cooked, about 2–4 minutes per side and set aside.
- ☐
- Add the wine and deglaze the pan, add the chicken broth with the cornstarch mixed in, lemon juice and capers and simmer until reduced by half, about 4–6 minutes.
- ☐
- Add the butter and cook until melted and the sauce thickens a bit, about 1 minute.
- ☐
- Server the chicken topped with the lemon sauce.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.525217273961%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 216.4kcal (10.82%), Fat: 11.17g (17.19%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.89g (0.99%), Cholesterol: 81.95mg (27.32%), Sodium: 553.86mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.71%), Vitamin B3: 12.21mg (61.07%), Selenium: 37.97µg (54.25%), Vitamin B6: 0.88mg (44.1%), Phosphorus: 253.08mg (25.31%), Vitamin B5: 1.7mg (16.99%), Vitamin C: 13.05mg (15.82%), Potassium: 471.44mg (13.47%), Vitamin B2: 0.14mg (8.51%), Magnesium: 33.15mg

(8.29%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 0.87mg (5.79%), Zinc: 0.79mg (5.29%), Vitamin B12: 0.27µg (4.58%), Iron: 0.55mg (3.07%), Vitamin K: 2.95µg (2.81%), Folate: 11.03µg (2.76%), Copper: 0.05mg (2.55%), Manganese: 0.04mg (1.86%), Vitamin A: 85.74IU (1.71%), Calcium: 10.41mg (1.04%)