



Chicken saltimbocca with basil mash

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet chicken breast skinless
- ☐ 2 large basil leaves
- ☐ 2 slices pancetta
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp plum brandy
- ☐ 100 ml chicken stock see
- ☐ 500 g potatoes cut into large chunks
- ☐ 2 tbsp milk

- ☐ 1 tbsp parmesan grated
- ☐ 1 tbsp basil chopped

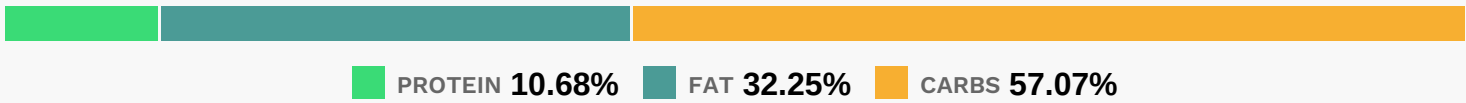
Equipment

- ☐ frying pan
- ☐ cocktail sticks

Directions

- ☐ Make the mash: boil the potatoes in salted water for 15–20 mins until tender.
- ☐ Drain and mash well. Stir in the milk, then the Parmesan and basil. Season with black pepper and keep warm.
- ☐ Meanwhile, sit the chicken breasts on a board and cut through them horizontally leaving one side attached. Open them up like a book and lay a basil leaf on top of each, topped with a slice of prosciutto. Secure with a cocktail stick.
- ☐ Heat the oil in a large, non–stick frying pan and add the chicken breasts, hamside down. Cook for 2–3 mins until golden, then turn over and cook for 2 mins more.
- ☐ Pour over the Marsala and allow to bubble for 1 min.
- ☐ Add the stock and simmer for 5 mins until the chicken is cooked. Lift the chicken out, cover to keep warm, then boil the pan juices to reduce a little.
- ☐ Serve with the basil mash and a green salad on the side, if you like.

Nutrition Facts



Properties

Glycemic Index:144.38, Glycemic Load:32.29, Inflammation Score:–6, Nutrition Score:16.245217411414%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg,

Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 350.76kcal (17.54%), Fat: 12.18g (18.74%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 42.94g (15.61%), Sugar: 4.67g (5.19%), Cholesterol: 10.94mg (3.65%), Sodium: 189.03mg (8.22%), Alcohol: 2.3g (100%), Alcohol %: 0.82% (100%), Protein: 9.08g (18.16%), Vitamin C: 50mg (60.61%), Vitamin B6: 0.81mg (40.71%), Potassium: 1174.44mg (33.56%), Vitamin K: 23.89µg (22.75%), Fiber: 5.56g (22.23%), Manganese: 0.44mg (22.16%), Phosphorus: 205.65mg (20.57%), Vitamin B3: 3.95mg (19.74%), Vitamin B1: 0.25mg (16.92%), Magnesium: 67.27mg (16.82%), Copper: 0.32mg (16.12%), Iron: 2.3mg (12.78%), Folate: 45.17µg (11.29%), Vitamin B2: 0.17mg (9.71%), Vitamin B5: 0.88mg (8.78%), Calcium: 87.58mg (8.76%), Vitamin E: 1.13mg (7.51%), Zinc: 1.07mg (7.1%), Selenium: 4.73µg (6.75%), Vitamin A: 240.87IU (4.82%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.21µg (1.4%)