



Chicken Saltimbocca with Lemon Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cooking wine dry white
- ☐ 8 large sage leaves fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1.5 tablespoons olive oil
- ☐ 4 servings carrot orzo
- ☐ 3 ounces pancetta thin

☐ 4 chicken breast halves boneless skinless

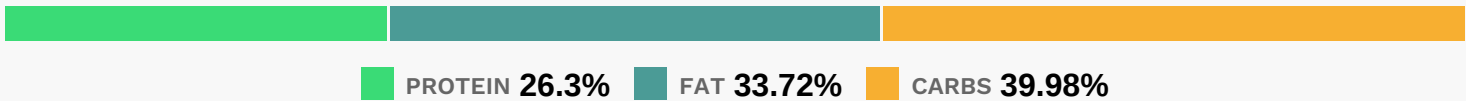
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Place chicken between 2 sheets of plastic wrap on work surface. Using mallet, pound chicken to 1/3-inch thickness.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place 2 sage leaves atop each chicken breast half. Top each chicken breast with 2 prosciutto slices, pressing to adhere.
- ☐ Spread 1/2 cup flour on plate. Turn chicken in flour to lightly coat both sides.
- ☐ Melt butter with oil in large nonstick skillet over medium-high heat.
- ☐ Add chicken, prosciutto side down; cook 4 minutes. Turn chicken over and cook just until cooked through, about 3 minutes.
- ☐ Transfer to platter and cover to keep warm; reserve skillet.
- ☐ Whisk wine with remaining 2 teaspoons flour in small bowl.
- ☐ Add broth and lemon juice to same skillet; bring to boil.
- ☐ Add wine mixture; whisk until sauce thickens slightly, about 30 seconds. Season to taste with salt and pepper. Spoon sauce over chicken and serve with carrot orzo.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:25.47, Inflammation Score:-5, Nutrition Score:21.153478295907%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 566.26kcal (28.31%), Fat: 20.65g (31.77%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 52.85g (19.22%), Sugar: 1.84g (2.04%), Cholesterol: 93.88mg (31.29%), Sodium: 307.42mg (13.37%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 36.24g (72.49%), Selenium: 81.17µg (115.96%), Vitamin B3: 14.94mg (74.68%), Vitamin B6: 1mg (49.98%), Phosphorus: 402.3mg (40.23%), Manganese: 0.66mg (32.86%), Copper: 0.49mg (24.32%), Vitamin B5: 2.06mg (20.55%), Vitamin B1: 0.31mg (20.44%), Potassium: 641.46mg (18.33%), Magnesium: 66.75mg (16.69%), Vitamin B2: 0.25mg (14.91%), Zinc: 1.85mg (12.35%), Iron: 2.09mg (11.59%), Folate: 44.87µg (11.22%), Fiber: 2.24g (8.97%), Vitamin E: 1.23mg (8.17%), Vitamin B12: 0.37µg (6.13%), Vitamin C: 4.26mg (5.16%), Vitamin K: 3.76µg (3.59%), Vitamin A: 129.68IU (2.59%), Calcium: 24.55mg (2.45%), Vitamin D: 0.2µg (1.32%)