



Chicken Scallopine with Sage and Fontina Cheese

 **Gluten Free** Image not found or type unknown

READY IN

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ready

45 min.

SERVINGS

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servings

6

CALORIES

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calories

323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 27 ounce chicken cutlets thin
- ☐ 3 ounces fontina grated
- ☐ 1 garlic clove halved
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 6 sage leaves
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup white wine

Equipment

- ☐ frying pan
- ☐ blender
- ☐ toothpicks
- ☐ wooden spoon

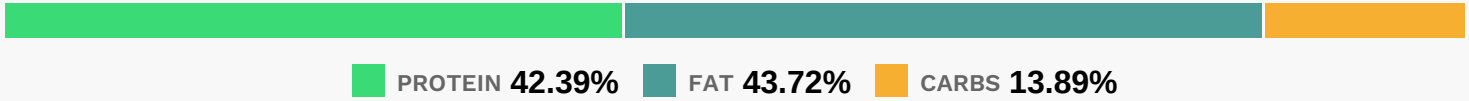
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: toothpicks.
- ☐ Place the chicken cutlets on a clean work surface, narrow end facing you.
- ☐ Sprinkle with salt and pepper.
- ☐ Place one sage leaf crosswise on each of the pieces of chicken.
- ☐ Sprinkle each of the pieces of chicken with 1/2 ounce (about 2 tablespoons) of fontina cheese.
- ☐ Roll up the chicken and seal with one or two toothpicks. Warm the olive oil and halved garlic clove in a large, heavy skillet over medium-high heat until the garlic is fragrant, about 2 minutes.
- ☐ Add the chicken. Brown the chicken on all sides, about 3 minutes per side.
- ☐ Remove the chicken from the pan and remove and discard the garlic.
- ☐ Add the wine and simmer for 2 minutes while scraping up the brown bits from the bottom of the pan with a wooden spoon. Meanwhile, combine the tomatoes and red pepper flakes in a blender and blend until smooth.
- ☐ Add the tomato mixture to the reduced wine in the pan. Simmer for 5 minutes to let the flavors marry. Return the chicken to the pan. Simmer the chicken in the tomato sauce for 10 minutes. Turn the chicken over and simmer until cooked through, 5 to 7 minutes.

- ☐
- Remove the chicken from the pan. Season the tomato sauce with salt and pepper. Spoon the tomato sauce onto serving plates or a serving platter. Slice the chicken into 1-inch rounds.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:21.02478244512%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 323.13kcal (16.16%), Fat: 15.12g (23.26%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 8.16g (2.97%), Sugar: 6.25g (6.95%), Cholesterol: 98.09mg (32.7%), Sodium: 827.61mg (35.98%), Alcohol: 2.06g (100%), Alcohol %: 0.86% (100%), Protein: 32.98g (65.96%), Vitamin B3: 14.99mg (74.96%), Selenium: 43.81µg (62.59%), Vitamin B6: 1.19mg (59.31%), Phosphorus: 364.58mg (36.46%), Potassium: 892.05mg (25.49%), Vitamin B5: 2.26mg (22.64%), Copper: 0.41mg (20.55%), Vitamin E: 3.01mg (20.06%), Manganese: 0.34mg (16.84%), Vitamin C: 13.86mg (16.8%), Magnesium: 64.52mg (16.13%), Vitamin B2: 0.23mg (13.58%), Calcium: 134.33mg (13.43%), Iron: 2.39mg (13.27%), Vitamin B1: 0.19mg (12.44%), Vitamin K: 12.55µg (11.95%), Zinc: 1.64mg (10.9%), Fiber: 2.65g (10.61%), Vitamin A: 503.05IU (10.06%), Vitamin B12: 0.49µg (8.22%), Folate: 23.46µg (5.86%), Vitamin D: 0.21µg (1.42%)