



Chicken Stuffed with Prosciutto and Fontina

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

Ingredients

- 1 bunch baby arugula
- 0.5 cup cooking wine dry white
- 4 ounce imported fontina cheese italian
- 3 sprigs rosemary fresh
- 0.5 juice of lemon fresh juiced
- 1 tablespoon olive oil extra-virgin
- 1 cup portabello mushrooms sliced
- 2 slices imported prosciutto

- 4 servings salt and pepper black freshly ground
- 2 chicken breast halves boneless skinless
- 4 tablespoons butter unsalted

Equipment

- frying pan
- knife
- toothpicks
- rolling pin
- cutting board
- kitchen twine

Directions

- Place each piece of chicken between 2 sheets of waxed paper and pound them thin with a mallet, the flat of a large knife, or a rolling pin. Trim the rind from the cheese and cut it into 2 thick sticks.
- Wrap each stick with a slice of prosciutto and place in the center of each flattened chicken breast.
- Roll the chicken breast around the prosciutto and cheese to make a sausage shape and secure with toothpicks or butcher's twine. Season the rolls with salt and pepper.
- Heat 2 tablespoons of the butter and 1 tablespoon of the olive oil in a heavy skillet. Quickly brown the chicken rolls over medium-high heat, reduce the heat to low, and scatter the mushrooms into the pan, sprinkle with wine and rosemary. Cook, turning the chicken rolls frequently, 10 to 15 minutes.
- When the first bit of cheese begins to seep out, the chicken is done.
- Remove it from the pan to a cutting board at once.
- Cut each of the rolls at an angle into 6 slices. Cover to keep warm. Reheat the pan juices, swirl in the remaining 2 tablespoons butter, and season, to taste, with salt and pepper.
- To serve arrange the chicken and mushrooms on a bed of arugula leaves tossed with olive oil and seasoned with salt and pepper. Warm the pan juices and strain them over the chicken.

Nutrition Facts

PROTEIN 24.73% FAT 71.19% CARBS 4.08%

Properties

Glycemic Index:26.5, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:14.468260640683%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 360.26kcal (18.01%), Fat: 27g (41.54%), Saturated Fat: 14.01g (87.58%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.95g (2.16%), Cholesterol: 101.79mg (33.93%), Sodium: 331.57mg (14.42%), Alcohol: 3.09g (100%), Alcohol %: 2.06% (100%), Protein: 21.11g (42.21%), Selenium: 27.26µg (38.94%), Vitamin B3: 7.19mg (35.96%), Vitamin K: 35.01µg (33.35%), Phosphorus: 269.68mg (26.97%), Vitamin B6: 0.53mg (26.37%), Vitamin A: 1300.46IU (26.01%), Calcium: 211.79mg (21.18%), Vitamin B5: 1.35mg (13.53%), Potassium: 448mg (12.8%), Zinc: 1.67mg (11.11%), Vitamin B12: 0.64µg (10.73%), Vitamin B2: 0.18mg (10.58%), Folate: 38.95µg (9.74%), Magnesium: 36.16mg (9.04%), Manganese: 0.17mg (8.4%), Vitamin E: 1.16mg (7.75%), Vitamin C: 6.38mg (7.74%), Copper: 0.11mg (5.63%), Vitamin B1: 0.08mg (5.43%), Iron: 0.89mg (4.95%), Vitamin D: 0.52µg (3.45%), Fiber: 0.78g (3.11%)