



Chicken Thighs with Crispy Prosciutto and Foie Gras Pate

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



12

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup corn oil
- 8 ounces foie gras pâté
- 0.5 teaspoon garlic powder to taste
- 8 ounces pancetta italian thinly sliced
- 12 servings salt and pepper to taste
- 12 chicken thighs boneless skinless
- 0.3 cup worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- oven
- plastic wrap
- toothpicks
- glass baking pan

Directions

- Cut pate into 12 rectangles, and place onto a plate lined with plastic wrap.
- Place into the freezer.
- Combine chicken thighs and Worcestershire sauce in a bowl. Seal with plastic wrap, and place in refrigerator to marinate for 1 hour.
- Gently fry the prosciutto in a large, nonstick skillet over medium heat until crispy.
- Drain, cool and crumble into a bowl. Season with garlic powder to taste; set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove chicken thighs from the marinade and pat dry with paper towels. Discard marinade.
- Lay the chicken thighs out flat on a clean work surface. Season with salt and pepper, then sprinkle crumbled prosciutto in the center.
- Place a cube of pate on top of the prosciutto, then wrap the thigh around the filling and secure with toothpicks.
- Heat corn oil in a large skillet over high heat.
- Place thighs into oil, and cook until browned all over, about 5 minutes. When browned, place thighs seam side down into a glass baking dish.
- Bake in preheated oven until the chicken is no longer pink, and the juices run clear, 25 to 30 minutes, depending on size.

Nutrition Facts



■ PROTEIN 39.21% ■ FAT 57.02% ■ CARBS 3.77%

Properties

Glycemic Index:0.42, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:27.758261086662%

Nutrients (% of daily need)

Calories: 284.5kcal (14.22%), Fat: 17.62g (27.11%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.58g (0.64%), Cholesterol: 217.16mg (72.39%), Sodium: 520.49mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.53%), Vitamin B12: 11.02µg (183.73%), Vitamin A: 5897.16IU (117.94%), Copper: 1.51mg (75.26%), Selenium: 42.27µg (60.38%), Vitamin B3: 8.34mg (41.7%), Iron: 7.06mg (39.24%), Folate: 144.52µg (36.13%), Vitamin B6: 0.7mg (34.94%), Phosphorus: 291.81mg (29.18%), Vitamin B5: 2.63mg (26.31%), Vitamin B2: 0.39mg (23.03%), Vitamin B1: 0.26mg (17.64%), Zinc: 2.54mg (16.91%), Potassium: 405.11mg (11.57%), Magnesium: 33.64mg (8.41%), Vitamin E: 0.98mg (6.55%), Vitamin K: 5.3µg (5.05%), Calcium: 25.59mg (2.56%), Vitamin C: 1.6mg (1.94%), Manganese: 0.02mg (1.09%)