



 **17%**  
HEALTH SCORE

## Chicken thighs wrapped in prosciutto

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**3**

CALORIES



**341 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 Tbs basil fresh chopped
- 1 Tbs basil fresh chopped
- 1 Tbs thyme sprigs fresh chopped
- 1 juice of lemon juiced
- 6 slices pancetta thin
- 6 chicken thighs skinless

## Equipment

- oven

## Directions

- Marinate the chicken with the thyme, basil, lemon juice and lemon peel for 1 hour.
- Remove and drain the excess marinade, then wrap each piece of meat in the prosciutto.
- Place onto a roasting tray and cook for 25 minutes in the oven at 200C.
- Serve with chilled beetroot salad.

## Nutrition Facts

**PROTEIN 55.36%** **FAT 42.74%** **CARBS 1.9%**

## Properties

Glycemic Index:61.67, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:20.80347826087%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 341.18kcal (17.06%), Fat: 15.73g (24.2%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.26g (0.29%), Cholesterol: 225.26mg (75.09%), Sodium: 307.54mg (13.37%), Protein: 45.84g (91.69%), Selenium: 54.31µg (77.59%), Vitamin B3: 13.36mg (66.78%), Vitamin B6: 1.07mg (53.37%), Phosphorus: 451.29mg (45.13%), Vitamin B5: 2.83mg (28.32%), Vitamin B12: 1.53µg (25.44%), Vitamin B2: 0.43mg (25.22%), Zinc: 3.71mg (24.7%), Vitamin K: 23.98µg (22.84%), Potassium: 622.28mg (17.78%), Vitamin B1: 0.25mg (16.83%), Magnesium: 60.92mg (15.23%), Iron: 2.42mg (13.46%), Vitamin C: 8.36mg (10.14%), Copper: 0.16mg (8.2%), Vitamin A: 393.17IU (7.86%), Manganese: 0.13mg (6.37%), Calcium: 38.62mg (3.86%), Folate: 14.95µg (3.74%), Vitamin E: 0.52mg (3.49%), Fiber: 0.42g (1.7%)