



Chicken Valdostano

READY IN



40 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken breast halves - pounded boneless skinless thin
- ☐ 0.8 cup chicken stock see
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 slices fontina
- ☐ 10 mushrooms fresh sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 slices pancetta thinly sliced
- ☐ 0.3 cup butter unsalted

☐ 1 teaspoon pepper white freshly ground

Equipment

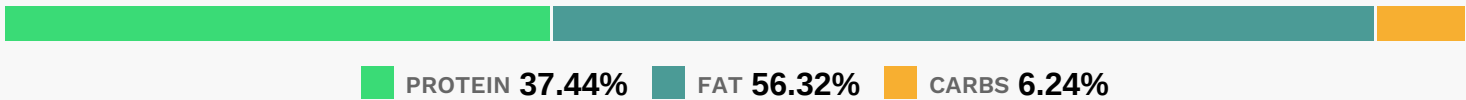
☐ frying pan

☐ spatula

Directions

- ☐ Lightly flour chicken breasts, shaking off excess flour. In a large skillet over low heat, melt butter/margarine.
- ☐ Add chicken and saute until lightly browned, about 2 minutes each side.
- ☐ Remove with slotted spatula and set aside.
- ☐ Increase heat to medium low.
- ☐ Add mushrooms and saute until juices are rendered, about 4 minutes.
- ☐ Add wine and simmer until reduced by 1/4, about 3 to 4 minutes. Increase heat to medium high.
- ☐ Add stock, parsley and pepper and simmer until sauce reduced to 1 cup, about 10 minutes.
- ☐ Reduce heat to low. Top each chicken breast with a slice of prosciutto and a slice of fontina cheese. Return chicken to skillet and cook just until cheese melts.
- ☐ Transfer chicken to individual plates and top each with some of the mushroom sauce before serving.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:19.1099999946926%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg

Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 392.46kcal (19.62%), Fat: 23g (35.39%), Saturated Fat: 12.06g (75.38%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.18g (1.88%), Sugar: 1.89g (2.09%), Cholesterol: 131.32mg (43.77%), Sodium: 456.33mg (19.84%), Alcohol: 3.09g (100%), Alcohol %: 1.53% (100%), Protein: 34.41g (68.81%), Vitamin B3: 14.04mg (70.19%), Selenium: 46.57µg (66.53%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 394.58mg (39.46%), Vitamin K: 34.6µg (32.96%), Vitamin B5: 2.32mg (23.17%), Vitamin B2: 0.36mg (21.09%), Potassium: 626.93mg (17.91%), Calcium: 170.94mg (17.09%), Vitamin A: 698.24IU (13.96%), Zinc: 2.03mg (13.55%), Vitamin B12: 0.77µg (12.76%), Magnesium: 43.5mg (10.87%), Vitamin B1: 0.16mg (10.74%), Copper: 0.18mg (8.77%), Iron: 1.12mg (6.2%), Vitamin C: 4.85mg (5.87%), Folate: 21.6µg (5.4%), Manganese: 0.11mg (5.37%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.52µg (3.48%), Fiber: 0.55g (2.22%)