



Chicken with Prosciutto and Tomatoes Over Polenta

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 ounce chicken thighs
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 slices pancetta very thin cut into thin strips (1/4 cup)

- ☐ 1 tablespoon rubbed sage dried fresh chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 1 cup tomatoes peeled seeded chopped
- ☐ 2 cups water
- ☐ 0.7 cup yellow cornmeal yellow

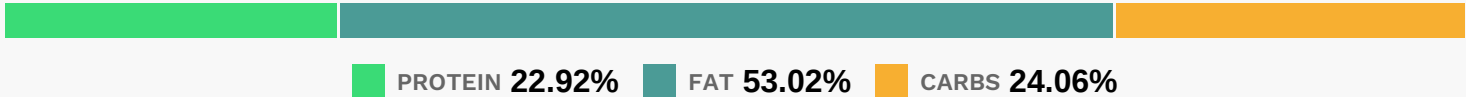
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Sprinkle the chicken with sage, 1/8 teaspoon salt, and pepper.
- ☐ Place flour in a shallow dish. Dredge chicken in flour.
- ☐ Heat the oil in a nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side.
- ☐ Add wine; cover, reduce heat, and simmer for 20 minutes or until a meat thermometer registers 18
- ☐ Place the cornmeal and 1/8 teaspoon salt in a 1-quart casserole. Gradually add water, stirring until blended. Cover. Microwave at high 12 minutes, stirring every 3 minutes.
- ☐ Let stand, covered, 5 minutes.
- ☐ Remove chicken from pan.
- ☐ Add tomato to pan; cook 1 minute. Stir in juice and prosciutto. Spoon polenta onto plates, and top with chicken.
- ☐ Serve with the sauce.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:41.33, Inflammation Score:0, Nutrition Score:37.947391820991%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 1197.95kcal (59.9%), Fat: 67.39g (103.68%), Saturated Fat: 17.55g (109.67%), Carbohydrates: 68.83g (22.94%), Net Carbohydrates: 61.64g (22.41%), Sugar: 3.53g (3.92%), Cholesterol: 338.67mg (112.89%), Sodium: 627.16mg (27.27%), Alcohol: 6.18g (100%), Alcohol %: 0.96% (100%), Protein: 65.54g (131.09%), Selenium: 79.11µg (113.02%), Vitamin B3: 19.84mg (99.22%), Vitamin B6: 1.63mg (81.65%), Phosphorus: 732.21mg (73.22%), Vitamin B1: 0.72mg (47.81%), Zinc: 6.48mg (43.22%), Manganese: 0.83mg (41.38%), Vitamin B5: 4.05mg (40.53%), Vitamin B2: 0.69mg (40.38%), Magnesium: 150.61mg (37.65%), Vitamin B12: 2.22µg (36.95%), Iron: 6.04mg (33.57%), Potassium: 1153.2mg (32.95%), Vitamin K: 33.43µg (31.84%), Fiber: 7.19g (28.77%), Folate: 100.47µg (25.12%), Copper: 0.45mg (22.29%), Vitamin A: 949.41IU (18.99%), Vitamin C: 11.5mg (13.94%), Vitamin E: 2.02mg (13.49%), Calcium: 73.43mg (7.34%), Vitamin D: 0.37µg (2.48%)