



Chicken with Prosciutto Spinach Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 1 tablespoon flour all-purpose
- 1 teaspoon garlic minced
- 1 teaspoon garlic powder
- 1 pint heavy cream
- 2 cups seasoned bread crumbs italian
- 1 cup milk
- 1 teaspoon paprika
- 1.5 cups pancetta diced

- 4 servings salt and pepper to taste
- 4 thin- boneless skinless
- 1 cup mozzarella cheese shredded
- 3 cups pkt spinach fresh chopped
- 0.3 cup vegetable oil
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- whisk
- wooden spoon
- kitchen thermometer

Directions

- Beat the eggs and milk together in a small bowl; set aside. Stir the bread crumbs, garlic powder, paprika, salt, and pepper together in a separate bowl.
- Heat the vegetable oil in a skillet over medium heat. Dip the chicken breasts into the egg mixture and press into the bread crumbs, shaking off the excess bread crumbs. Cook the chicken breasts in the hot oil until golden brown on both sides, no longer pink in the center, and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Remove the chicken breasts from the pan, set aside, and keep warm.
- Pour the white wine into the pan; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Increase temperature to medium-high and stir in the flour. Cook and stir until the wine has reduced to half its original volume, about 1 minute.
- Whisk in the cream and garlic and bring to a simmer. Season to taste with salt and pepper; cook and stir until thickened, about 8 minutes. Stir in the prosciutto, spinach, and mozzarella cheese; cook and stir until the cheese has melted and the spinach has wilted.
- Pour the sauce over the chicken breasts to serve.

Nutrition Facts

PROTEIN 16.61% FAT 68.42% CARBS 14.97%

Properties

Glycemic Index:59.25, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:46.703043025473%

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 Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 1444.9kcal (72.24%), Fat: 108.24g (166.52%), Saturated Fat: 48.09g (300.58%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 49.56g (18.02%), Sugar: 10.67g (11.85%), Cholesterol: 376.43mg (125.48%), Sodium: 1995.95mg (86.78%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 59.11g (118.21%), Vitamin K: 166.78µg (158.84%), Selenium: 86.24µg (123.2%), Vitamin B3: 19.6mg (98.02%), Vitamin A: 4684.51IU (93.69%), Phosphorus: 768.43mg (76.84%), Vitamin B6: 1.4mg (70.17%), Vitamin B1: 1.01mg (67.27%), Vitamin B2: 0.98mg (57.91%), Manganese: 0.91mg (45.67%), Calcium: 454.58mg (45.46%), Vitamin B12: 2.23µg (37.21%), Folate: 140.95µg (35.24%), Vitamin B5: 3.44mg (34.41%), Potassium: 1160.14mg (33.15%), Iron: 5.3mg (29.46%), Zinc: 4.42mg (29.45%), Magnesium: 114.31mg (28.58%), Vitamin E: 3.88mg (25.86%), Vitamin D: 3.58µg (23.89%), Fiber: 3.74g (14.97%), Copper: 0.29mg (14.49%), Vitamin C: 10.26mg (12.43%)