



Crystal's Chicken Saltimbocca

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken breast halves – pounded boneless skinless thin
- ☐ 1.5 cups cooking wine dry white
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 8 slices pancetta thinly sliced
- ☐ 8 slices provolone cheese
- ☐ 8 servings salt and pepper black to taste

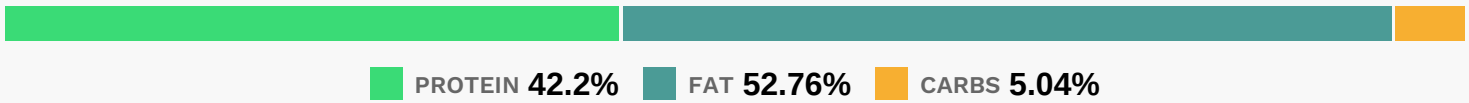
Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Brush each chicken cutlet with olive oil and season with salt and pepper.
- ☐ Squeeze excess water out of the frozen spinach, then season with olive oil, salt, and pepper.
- ☐ Place 1 piece of prosciutto, 1 piece of provolone, and a thin layer of spinach on each chicken cutlet. Then sprinkle Parmesan over the tops.
- ☐ Beginning at the short, tapered end, roll up each chicken cutlet, and secure with a toothpick.
- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat.
- ☐ Place chicken in the skillet, then pour in wine. Cook, turning the chicken, until the wine evaporates, and the chicken is cooked through and its juices run clear, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:26.038260853809%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 348.77kcal (17.44%), Fat: 18.36g (28.24%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.77g (0.86%), Cholesterol: 96.15mg (32.05%), Sodium: 653.91mg (28.43%), Alcohol: 4.64g (100%), Alcohol %: 2.53% (100%), Protein: 33.03g (66.06%), Vitamin K: 135.92µg (129.44%), Vitamin A: 4413.45IU (88.27%), Selenium: 44.88µg (64.12%), Vitamin B3: 12.37mg (61.85%), Vitamin B6: 0.97mg (48.5%), Phosphorus: 408.15mg (40.81%), Calcium: 254.88mg (25.49%), Vitamin B5: 1.82mg (18.19%),

Potassium: 626.31mg (17.89%), Magnesium: 68.93mg (17.23%), Vitamin B2: 0.29mg (16.95%), Manganese: 0.33mg (16.38%), Folate: 58.63µg (14.66%), Vitamin E: 2.11mg (14.06%), Zinc: 1.89mg (12.58%), Vitamin B12: 0.63µg (10.46%), Vitamin B1: 0.14mg (9.02%), Iron: 1.4mg (7.78%), Copper: 0.09mg (4.71%), Fiber: 1.03g (4.11%), Vitamin C: 3.31mg (4.01%), Vitamin D: 0.27µg (1.81%)