



 **54%**
HEALTH SCORE

Florentine Prosciutto Wrapped Chicken

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



470 kcal

Ingredients

- 6 chicken breasts
- 1 box pkt spinach frozen
- 2 cloves garlic grated finely chopped
- 9 servings grates nutmeg
- 3 tablespoons olive oil extra-virgin
- 0.3 cup parmigiano-reggiano grated
- 3 tablespoons pinenuts
- 6 slices prosciutto di parma
- 0.5 cup ricotta cheese

6 servings salt and pepper black freshly ground

Equipment

bowl

oven

knife

kitchen towels

Directions

Preheat oven to 400 degrees F.

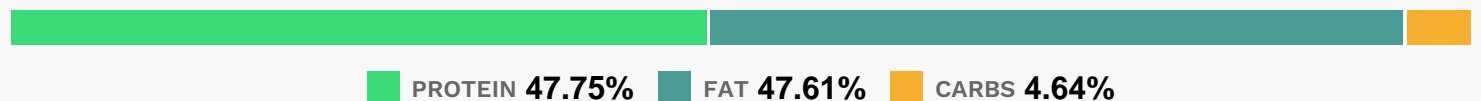
Wring out defrosted spinach in clean kitchen towel.

Toast nuts and combine with spinach in a bowl, mix in cheeses, garlic, salt, pepper and nutmeg.

Cut into and across but not all the way through the chicken breasts, opening them up like a book with a sharp knife. Season the chicken with salt and pepper. Fill each with a small mound of stuffing. Flap chicken breasts back over stuffing and wrap each breast with prosciutto to seal them, carefully covering the whole breast.

Brush chicken all over with some extra-virgin olive oil and roast 18 to 20 minutes until cooked through.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:37.538260895273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 470.04kcal (23.5%), Fat: 24.57g (37.81%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.44g (1.6%), Cholesterol: 163.29mg (54.43%), Sodium: 435.17mg (18.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.46g (110.92%), Vitamin K: 183.92µg (175.16%), Vitamin B3: 24.43mg (122.16%), Selenium: 80.93µg (115.62%), Vitamin A: 5750.72IU (115.01%), Vitamin B6: 1.83mg (91.52%), Phosphorus: 607.71mg (60.77%), Manganese: 0.93mg (46.33%), Vitamin B5: 3.4mg (33.95%), Potassium: 1087.11mg (31.06%), Magnesium: 117.79mg (29.45%), Vitamin B2: 0.41mg (23.94%), Vitamin E: 3.34mg (22.3%), Folate: 84.47µg (21.12%), Calcium: 173.52mg (17.35%), Vitamin B1: 0.25mg (16.41%), Zinc: 2.42mg (16.16%), Iron: 2.31mg (12.83%), Copper: 0.24mg (11.97%), Vitamin B12: 0.61µg (10.2%), Fiber: 2.23g (8.91%), Vitamin C: 5.76mg (6.98%), Vitamin D: 0.32µg (2.13%)