



Gorgonzola-Stuffed Chicken Breasts with Strawberry Gastrique

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup less-sodium chicken broth fat-free
- 2 teaspoons thyme leaves fresh
- 1 ounce gorgonzola cheese crumbled
- 0.3 teaspoon ground coriander
- 2 ounces pancetta chopped
- 0.1 teaspoon salt

- 0.5 cup sherry vinegar
- 24 ounce chicken breast halves boneless skinless
- 1 cup strawberries chopped
- 0.5 cup sugar

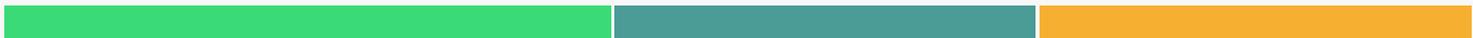
Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- To prepare sauce, place strawberries in a small, heavy saucepan; partially mash with a fork. Stir in sugar, vinegar, broth, and coriander; bring to a boil. Reduce heat, and simmer until reduced to 2/3 cup (about 30 minutes), stirring occasionally. Strain mixture through a sieve over a bowl; discard solids.
- To prepare chicken, combine cheese, thyme, and prosciutto in a bowl.
- Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket; spoon 3 tablespoons cheese mixture into each pocket.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Sprinkle both sides of chicken evenly with salt and pepper.
- Add chicken to pan; cook 5 minutes or until browned. Turn chicken over; cook 4 minutes or until done.
- Serve with sauce.
- Wine note: If you haven't tasted Soave in awhile, it's time to get reacquainted with this northern Italian white. Quality examples like Inama Vin Soave 2006 (\$1
- have the body to handle fish or white meats, like the preceding chicken dish. Soave's generous acidity can match the vinegary gastrique, while the herbal and citrus nuances lift the coriander. Jeffery Lindenmuth

Nutrition Facts



■ PROTEIN **41.49%** ■ FAT **28.87%** ■ CARBS **29.64%**

Properties

Glycemic Index:53.52, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:20.367825979772%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 393.78kcal (19.69%), Fat: 12.33g (18.96%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.54g (10.02%), Sugar: 26.77g (29.75%), Cholesterol: 123.53mg (41.18%), Sodium: 525.84mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin B3: 18.65mg (93.25%), Selenium: 59.05µg (84.36%), Vitamin B6: 1.35mg (67.34%), Phosphorus: 419.82mg (41.98%), Vitamin C: 24.99mg (30.29%), Vitamin B5: 2.7mg (26.98%), Potassium: 756.99mg (21.63%), Magnesium: 55.74mg (13.94%), Vitamin B2: 0.23mg (13.56%), Vitamin B1: 0.16mg (10.72%), Manganese: 0.21mg (10.56%), Zinc: 1.43mg (9.55%), Vitamin B12: 0.54µg (8.92%), Iron: 1.23mg (6.84%), Calcium: 60.45mg (6.05%), Folate: 18.65µg (4.66%), Copper: 0.09mg (4.4%), Fiber: 0.93g (3.71%), Vitamin E: 0.51mg (3.38%), Vitamin A: 162.52IU (3.25%), Vitamin D: 0.26µg (1.75%), Vitamin K: 1.4µg (1.34%)