



Gruyère, Arugula, and Prosciutto-Stuffed Chicken Breasts with Caramelized Shallot Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups arugula trimmed
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon cornstarch
- ☐ 2 cups cooking wine dry white
- ☐ 2.3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 ounce gruyère cheese

- ☐ 1 tablespoon olive oil
- ☐ 3 ounce pancetta
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shallots thinly sliced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons tomato paste
- ☐ 1.5 teaspoons water

Equipment

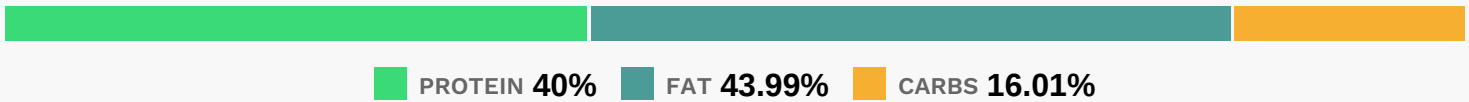
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350
- ☐ To prepare the chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Discard plastic wrap. Top each chicken breast half with 1 slice prosciutto, 1 slice cheese, and 1/4 cup arugula, leaving a 1/4-inch border around edges. Fold in half, pinching edges together to seal; sprinkle with salt and pepper. (The chicken can be prepared up to a day ahead and refrigerated at this point.)
- ☐ Dredge chicken in flour, shaking off excess.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side.
- ☐ Place chicken in a shallow baking pan; bake at 350 for 5 minutes or until done. Keep warm.

- ☐ To prepare sauce, add shallots to skillet; saut 4 minutes over medium-high heat or until browned.
- ☐ Add tomato paste; cook 1 minute, stirring constantly. Stir in wine; bring to a boil over high heat. Cook until reduced to 1 cup (about 6 minutes).
- ☐ Add broth; bring to a boil. Cook until reduced by half (about 8 minutes).
- ☐ Combine water and cornstarch in a small bowl, stirring with a fork until smooth.
- ☐ Add cornstarch mixture to sauce; bring to a boil. Cook 1 minute, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:18.363043712533%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 383.17kcal (19.16%), Fat: 15.74g (24.22%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 11.32g (4.12%), Sugar: 4.41g (4.9%), Cholesterol: 97.52mg (32.51%), Sodium: 894.67mg (38.9%), Alcohol: 8.24g (100%), Alcohol %: 2.89% (100%), Protein: 32.21g (64.42%), Vitamin B3: 13.35mg (66.76%), Selenium: 45.03µg (64.33%), Vitamin B6: 1.1mg (54.83%), Phosphorus: 400.34mg (40.03%), Vitamin B5: 2.07mg (20.7%), Potassium: 718.19mg (20.52%), Calcium: 184.95mg (18.49%), Manganese: 0.31mg (15.43%), Magnesium: 57.75mg (14.44%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.19mg (12.46%), Vitamin B12: 0.69µg (11.58%), Zinc: 1.71mg (11.42%), Iron: 1.65mg (9.16%), Folate: 32.99µg (8.25%), Vitamin K: 8.61µg (8.2%), Vitamin C: 5.7mg (6.91%), Vitamin A: 325.28IU (6.51%), Fiber: 1.57g (6.28%), Copper: 0.11mg (5.72%), Vitamin E: 0.78mg (5.2%), Vitamin D: 0.26µg (1.7%)