



Italian Chicken Sliders with Tomato Jam

READY IN



60 min.

SERVINGS



4

CALORIES



1125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 12 small crusty dinner rolls with a fork cut in half
- ☐ 12 basil leaves fresh
- ☐ 8 ounce mozzarella cheese fresh sliced into 12 slices
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 4 servings salt and ground pepper fresh black

- ☐ 4 servings tomato jam
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 12 slices pancetta
- ☐ 1 pinch salt and pepper black freshly ground
- ☐ 1 pound chicken breast boneless skinless

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

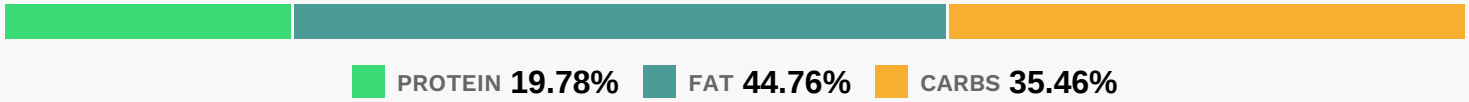
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a medium pot over medium heat.
- ☐ Add the onion and sweat for 3 minutes to soften. Stir in the garlic and let cook for another 2 minutes.
- ☐ Add all the remaining jam ingredients, except the parsley. Stir in 1/4 cup of water along with the onions and bring to a simmer. Turn the heat to low and let simmer for 25 to 30 minutes until most of the liquid has reduced and the tomatoes are soft.
- ☐ Remove from the heat and stir in the parsley.
- ☐ Pound out each piece of chicken until it's about 1/4-inch thick. Slice each breast into 6 pieces. Season generously with salt and pepper, to taste
- ☐ Heat the olive oil in a large skillet over medium-high heat. Working in batches, fry the pancetta until brown and crispy.
- ☐ Remove to a plate lined with a paper towel.
- ☐ In the same pan that the pancetta was cooked in, fry the chicken breast pieces over medium-high heat, in batches, for 2 minutes. Flip and cook for 2 more minutes. Top each

piece of chicken with a slice of mozzarella cheese, cover with a lid and cook until the cheese is melted.

- ☐
- To assemble, put the chicken breast pieces onto the bottom half of each roll. Top with a slice of pancetta, then about 1 tablespoon of the tomato jam and a basil leaf. Cover with the top half of the roll and serve.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:11.89, Inflammation Score:-9, Nutrition Score:42.06956551386%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 1124.55kcal (56.23%), Fat: 55.71g (85.71%), Saturated Fat: 17.4g (108.77%), Carbohydrates: 99.27g (33.09%), Net Carbohydrates: 92.32g (33.57%), Sugar: 24.36g (27.07%), Cholesterol: 145.09mg (48.36%), Sodium: 1660.74mg (72.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.39g (110.78%), Selenium: 91.79µg (131.13%), Vitamin B3: 20.59mg (102.97%), Vitamin K: 76.06µg (72.43%), Phosphorus: 659.13mg (65.91%), Vitamin B1: 0.98mg (65.18%), Vitamin B6: 1.25mg (62.27%), Manganese: 1.08mg (54.08%), Calcium: 478.64mg (47.86%), Vitamin B2: 0.78mg (45.71%), Folate: 179.71µg (44.93%), Iron: 6.46mg (35.91%), Vitamin E: 4.85mg (32.32%), Potassium: 1102.32mg (31.49%), Zinc: 4.38mg (29.2%), Vitamin B12: 1.73µg (28.83%), Vitamin B5: 2.87mg (28.69%), Fiber: 6.95g (27.81%), Magnesium: 101.46mg (25.36%), Copper: 0.47mg (23.69%), Vitamin C: 18.88mg (22.88%), Vitamin A: 982.85IU (19.66%), Vitamin D: 0.51µg (3.39%)