



Italian Stuffed Chicken Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon breadcrumbs dry
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 teaspoons rosemary fresh divided minced
- ☐ 1 garlic clove minced
- ☐ 1 cup low-salt chicken broth
- ☐ 1 teaspoon olive oil divided
- ☐ 0.8 cup onion divided minced
- ☐ 1 tablespoon parmesan cheese fresh grated
- ☐ 1 ounce pancetta smoked lean chopped

☐ 16 ounce skinned

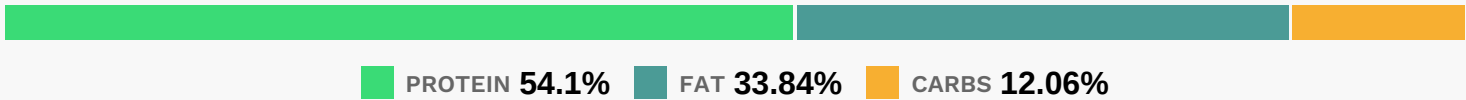
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add 1/2 cup onion, and saut 4 minutes.
- ☐ Combine onion, prosciutto, cheese, breadcrumbs, and 1 teaspoon rosemary in a bowl. Stir well; set aside.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 3 tablespoons onion mixture into each pocket.
- ☐ Heat 1/2 teaspoon oil in skillet over medium-high heat.
- ☐ Add chicken; saut 6 minutes on each side or until chicken is done.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Add 1/4 cup onion to skillet, and saut 3 minutes.
- ☐ Add 1/2 teaspoon rosemary, broth, wine, and garlic, and bring to a boil. Cook 5 minutes or until reduced to 3/4 cup. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated.
- ☐ Serve sauce with chicken.
- ☐ Garnish with fresh rosemary, if desired.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:13.221304554006%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 217.35kcal (10.87%), Fat: 7.6g (11.69%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.44g (1.98%), Sugar: 1.67g (1.85%), Cholesterol: 78.1mg (26.03%), Sodium: 236.59mg (10.29%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 27.32g (54.64%), Vitamin B3: 13.15mg (65.73%), Selenium: 38.89µg (55.56%), Vitamin B6: 0.93mg (46.56%), Phosphorus: 291.41mg (29.14%), Vitamin B5: 1.72mg (17.23%), Potassium: 548.11mg (15.66%), Vitamin B2: 0.16mg (9.55%), Magnesium: 37.27mg (9.32%), Vitamin B1: 0.13mg (8.86%), Zinc: 0.95mg (6.33%), Vitamin B12: 0.34µg (5.75%), Manganese: 0.11mg (5.51%), Vitamin C: 3.82mg (4.63%), Iron: 0.83mg (4.6%), Copper: 0.09mg (4.26%), Calcium: 37.5mg (3.75%), Folate: 13.21µg (3.3%), Vitamin E: 0.4mg (2.68%), Fiber: 0.64g (2.57%), Vitamin K: 1.21µg (1.15%)