



Italian-Style Chicken with Prosciutto and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 large basil leaves plus 1 tablespoon basil minced
- 4 large chicken breast halves on the bone with skin
- 0.5 cup chicken stock see low-sodium canned
- 0.3 cup cooking wine dry white
- 2 large garlic cloves finely chopped
- 2 tablespoons heavy cream
- 2 teaspoons olive oil
- 4 slices pancetta thin

- 4 servings salt and pepper freshly ground
- 2 medium shallots finely chopped
- 1 tablespoon butter unsalted

Equipment

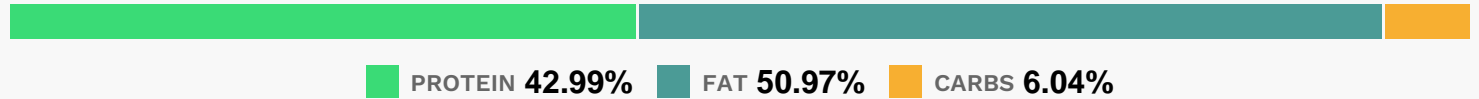
- bowl
- frying pan
- oven
- roasting pan
- broiler

Directions

- Preheat the broiler. In a small skillet, melt the butter in the olive oil over moderate heat.
- Add half of the shallots and garlic and cook, stirring often, until softened and fragrant, 2 to 3 minutes. Season with a pinch of salt and pepper. Scrape the mixture into a small bowl and let cool.
- Loosen the skin from the chicken breasts without detaching it completely.
- Place a teaspoon of the cooked shallot and garlic mixture under the skin of each breast half and spread it over the meat. Top the mixture with a folded piece of prosciutto and 3 basil leaves. Smooth the chicken skin over the fillings and season lightly with salt and pepper.
- Set the chicken in a medium roasting pan, skin side up. Broil for 5 minutes. Turn and broil for 5 minutes more, then turn again and broil for about 5 minutes longer, or until nicely crisped on top; take care not to burn the skin. Turn the oven temperature to 350 and bake the chicken for about 20 minutes, or until the juices run clear when the meat is pierced.
- Transfer the chicken to a plate and keep warm.
- Pour the juices from the roasting pan into a small bowl; spoon off the fat and reserve the brown drippings.
- Place the roasting pan over moderate heat.
- Add the remaining chopped shallot and garlic and stir until softened and golden, about 2 minutes.

- Pour in the wine and bring to a boil. When the wine is nearly evaporated, pour in the chicken stock and heavy cream. Bring to a boil and simmer, stirring occasionally, until reduced to 1/2 cup, about 4 minutes. Stir in the reserved drippings and the minced basil and season with salt and pepper.
- Place a stuffed breast half on each of 4 dinner plates. Spoon the sauce over or around the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:13.257826131323%

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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.99kcal (12.95%), Fat: 13.85g (21.31%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.24g (1.18%), Sugar: 1.41g (1.56%), Cholesterol: 93.6mg (31.2%), Sodium: 391.68mg (17.03%), Alcohol: 1.54g (100%), Alcohol %: 1.01% (100%), Protein: 26.29g (52.58%), Vitamin B3: 12.58mg (62.9%), Selenium: 38.41µg (54.87%), Vitamin B6: 0.94mg (47.22%), Phosphorus: 276.03mg (27.6%), Vitamin B5: 1.73mg (17.32%), Potassium: 529.29mg (15.12%), Magnesium: 36.5mg (9.13%), Vitamin B2: 0.15mg (8.88%), Vitamin B1: 0.11mg (7.18%), Vitamin K: 7.08µg (6.74%), Zinc: 0.9mg (5.97%), Vitamin A: 298.51IU (5.97%), Manganese: 0.11mg (5.57%), Vitamin B12: 0.31µg (5.22%), Vitamin E: 0.7mg (4.69%), Iron: 0.79mg (4.38%), Vitamin C: 3.09mg (3.74%), Copper: 0.07mg (3.56%), Folate: 10.19µg (2.55%), Calcium: 23.97mg (2.4%), Vitamin D: 0.32µg (2.12%), Fiber: 0.45g (1.8%)