



WHATSheATE



Lemony Chicken Saltimbocca



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



16 ounce chicken cutlets



0.5 teaspoon cornstarch



12 sage fresh



0.3 cup juice of lemon fresh



0.3 cup beef broth fat-free



4 teaspoons olive oil extra-virgin divided



2 ounces pancetta very thinly sliced cut into 8 thin strips



0.1 teaspoon salt

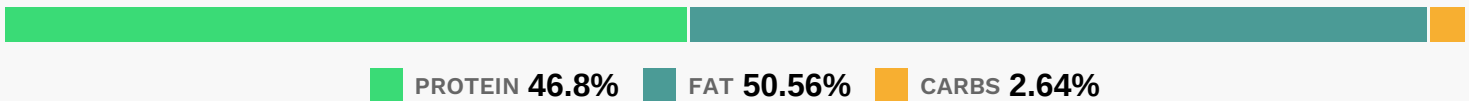
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle the chicken evenly with salt.
- ☐ Place 3 sage leaves on each cutlet; wrap 2 prosciutto slices around each cutlet, securing sage leaves in place.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan, and swirl to coat.
- ☐ Add chicken to pan; cook for 2 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Combine broth, lemon juice, and cornstarch in a small bowl; stir with a whisk until smooth.
- ☐ Add cornstarch mixture and the remaining 1 teaspoon olive oil to pan; bring to a boil, stirring constantly. Cook for 1 minute or until slightly thickened, stirring constantly with a whisk. Spoon sauce over chicken.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:13.089130421696%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 229.48kcal (11.47%), Fat: 12.61g (19.39%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.38g (0.43%), Cholesterol: 81.93mg (27.31%), Sodium: 334.98mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.51%), Vitamin B3: 12.41mg (62.06%), Selenium: 39.16µg (55.94%), Vitamin B6: 0.89mg (44.7%), Phosphorus: 259.85mg (25.98%), Copper: 0.41mg (20.41%), Vitamin B5: 1.71mg (17.15%), Potassium: 503.93mg (14.4%), Vitamin C: 7.26mg (8.8%), Magnesium: 32.32mg (8.08%), Vitamin B1: 0.12mg (7.71%), Vitamin B2: 0.13mg (7.49%), Vitamin E: 0.88mg (5.84%), Zinc: 0.84mg (5.57%), Vitamin B12: 0.3µg (4.96%), Iron: 0.53mg (2.93%), Vitamin K: 2.63µg (2.51%), Folate: 7.59µg (1.9%), Manganese: 0.03mg (1.64%), Vitamin D: 0.17µg (1.13%)