



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 extra-virgin divided
- ☐ 2 ounces pancetta very thinly sliced cut into 8 thin strips
- ☐ 0.1 teaspoon salt

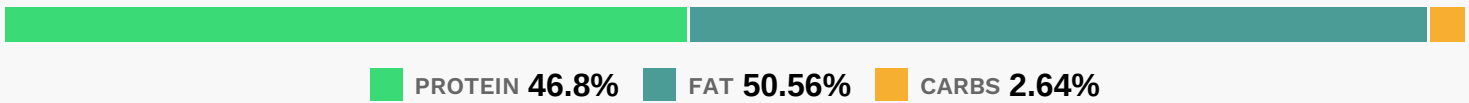
Equipment

- ☐ 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:-2, 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%)