



Pan-Seared Chicken in Prosciutto-Fig Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



319 kcal

SAUCE

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup fig preserves
- 1 teaspoon olive oil
- 2 tablespoons pancetta chopped
- 0.3 teaspoon salt
- 8 ounce chicken breast halves boneless skinless
- 2 tablespoons water

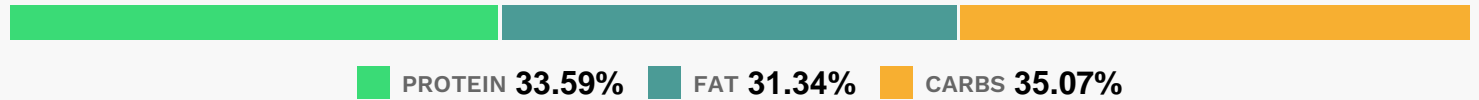
Equipment

frying pan

Directions

- Sprinkle chicken evenly with salt.
- Heat oil in a 10-inch nonstick skillet over medium-high heat.
- Add chicken to pan, and cook 2 to 3 minutes on each side until seared.
- Combine fig preserves and remaining ingredients.
- Add to chicken. Cover, reduce heat to medium, and cook 6 minutes or until chicken is done. Uncover and cook 1 minute over medium-high heat until sauce is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:14.6, Inflammation Score:-2, Nutrition Score:12.472173994002%

Nutrients (% of daily need)

Calories: 319.44kcal (15.97%), Fat: 10.83g (16.66%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.86g (9.77%), Sugar: 19.3g (21.45%), Cholesterol: 82.33mg (27.44%), Sodium: 534.69mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Vitamin B3: 12.44mg (62.18%), Selenium: 40.01µg (57.15%), Vitamin B6: 0.9mg (44.81%), Phosphorus: 268.04mg (26.8%), Vitamin B5: 1.71mg (17.05%), Potassium: 486.64mg (13.9%), Vitamin B2: 0.15mg (9.04%), Magnesium: 33.87mg (8.47%), Vitamin B1: 0.12mg (7.96%), Zinc: 0.86mg (5.75%), Vitamin C: 4.65mg (5.63%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.61mg (4.08%), Iron: 0.73mg (4.08%), Copper: 0.08mg (3.94%), Manganese: 0.04mg (2.24%), Folate: 8.64µg (2.16%), Calcium: 16.69mg (1.67%), Fiber: 0.41g (1.64%), Vitamin K: 1.43µg (1.36%), Vitamin D: 0.17µg (1.15%)