

# Pancetta chicken wraps







SIDE DISH

### **Ingredients**

|  | 200 g pancetta  | smoked   |
|--|-----------------|----------|
|  | 200 g pariocita | SITIORCA |

- 4 fillet chicken breast boneless
- 12 sage fresh
- 1 tbsp olive oil
- 4 small vine ripened tomato

## **Equipment**

frying pan

#### **Directions**

| Arrange a quarter of the pancetta slices in a row on a board, overlapping them slightly along  |
|--|
| their long sides. Put a chicken breast at one end so that it lies across the slices of pancetta,   |
| top with 3 sage leaves and sprinkle with a little sea salt and freshly ground black pepper.  |
| Wrap the chicken in the pancetta so that it is completely enclosed. Repeat to make 4 parcels altogether.   |
| Spoon the oil into a large heavy pan (a cast-iron saut pan is ideal, or you could use a roasting tin).   |
| Put the pan on the barbecue and heat for 12 mins until hot, then lay the chicken parcels in the pan and cook for 78 mins on each side. The pancetta will become golden and crispy.           |
| Remove the parcels, lay the tomatoes in the pan and shake to coat in the cooking juices, then heat through for a couple of minutes. Return the chicken to the pan, take the pan off the heat |
| and leave the chicken to rest in it for about 10 mins, so it will cut more easily.   |

### **Nutrition Facts**

PROTEIN 11.36% 📗 FAT 82.14% 📙 CARBS 6.5%

#### **Properties**

Glycemic Index:9.5, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:7.7617391555206%

#### **Flavonoids**

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.53mg, Quercetin: 0.53mg, Quercet

### Nutrients (% of daily need)

Calories: 257.14kcal (12.86%), Fat: 23.56g (36.24%), Saturated Fat: 7.17g (44.78%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.39g (2.66%), Cholesterol: 33.64mg (11.21%), Sodium: 336.79mg (14.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Copper: 0.44mg (22.2%), Vitamin A: 776.83IU (15.54%), Vitamin C: 12.48mg (15.13%), Selenium: 10.37µg (14.81%), Vitamin B3: 2.66mg (13.28%), Vitamin B1: 0.17mg (11.51%), Vitamin B6: 0.21mg (10.66%), Phosphorus: 95.99mg (9.6%), Potassium: 318.92mg (9.11%), Vitamin K: 9.3µg (8.86%), Vitamin E: 1.21mg (8.08%), Manganese: 0.12mg (6.08%), Zinc: 0.75mg (5.02%), Fiber: 1.1g (4.4%), Vitamin B12: 0.25µg (4.2%), Magnesium: 16.48mg (4.12%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.47%), Folate: 13.69µg (3.42%), Iron: 0.49mg (2.71%), Vitamin D: 0.2µg (1.34%), Calcium: 12.48mg (1.25%)