



Pancetta chicken wraps



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 200 g pancetta smoked
- ☐ 4 fillet chicken breast boneless
- ☐ 12 sage fresh
- ☐ 1 tbsp olive oil
- ☐ 4 small vine ripened tomato

Equipment

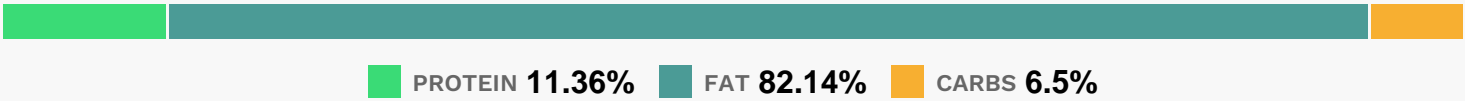
- ☐ frying pan

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.

☐☐☐

Nutrition Facts



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, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

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%)