



Pancetta Wrapped Stuffed Chicken Breasts

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

Ingredients

- 4 chicken breast cutlets thin
- 1 clove garlic minced
- 0.3 cup goat cheese crumbled
- 4 servings salt and ground pepper black to taste
- 8 slices pancetta
- 2 tablespoons pecans chopped
- 2 tablespoons roasted pepper diced red

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil or parchment paper.
- Mix goat cheese, red pepper, pecans, and garlic together in a bowl; season with salt and pepper.
- Lay each cutlet onto two slices of pancetta.
- Sandwich each chicken cutlet between two sheets of plastic wrap; pound chicken with a kitchen mallet to about 1/4 inch thick. Spoon goat cheese mixture onto the chicken cutlets.
- Roll chicken and pancetta around the goat cheese mixture and place onto prepared baking sheet with the seam side down. Season each roll with salt and pepper.
- Cook until the chicken is no longer pink in the center and the juices run clear, 20 to 25 minutes. An instant-read thermometer inserted into the center of the rolls should read at least 165 degrees F (74 degrees C).

Nutrition Facts

PROTEIN 50% **FAT 48.49%** **CARBS 1.51%**

Properties

Glycemic Index:18, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:24.146087180013%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin:

0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 449.1kcal (22.46%), Fat: 23.59g (36.29%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.33g (0.37%), Cholesterol: 169.65mg (56.55%), Sodium: 601.09mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.72g (109.43%), Vitamin B3: 24.86mg (124.32%), Selenium: 78.67µg (112.38%), Vitamin B6: 1.84mg (91.8%), Phosphorus: 567.87mg (56.79%), Vitamin B5: 3.52mg (35.24%), Potassium: 930.96mg (26.6%), Vitamin B2: 0.31mg (18.37%), Magnesium: 71.61mg (17.9%), Vitamin B1: 0.27mg (17.89%), Manganese: 0.31mg (15.66%), Zinc: 2.02mg (13.48%), Copper: 0.25mg (12.49%), Vitamin B12: 0.62µg (10.32%), Iron: 1.43mg (7.94%), Vitamin C: 6.44mg (7.8%), Vitamin A: 266.58IU (5.33%), Vitamin E: 0.65mg (4.31%), Calcium: 40.89mg (4.09%), Folate: 13.06µg (3.27%), Vitamin D: 0.39µg (2.63%), Fiber: 0.61g (2.44%), Vitamin K: 1.06µg (1.01%)