



Pollo alla Valdostana (Chicken with Prosciutto and Fontina Cheese)

READY IN



20 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup wine dry white
- 0.5 cup flour all-purpose
- 2 ounces fontina thinly sliced
- 4 servings kosher salt
- 2 ounces pancetta thinly sliced
- 24 ounce chicken breast boneless skinless
- 4 tablespoons butter unsalted ()

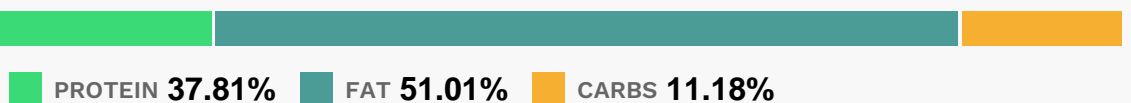
Equipment

- frying pan
- baking paper
- whisk
- plastic wrap
- wooden spoon
- meat tenderizer

Directions

- Place 1 chicken breast between 2 sheets of plastic wrap or parchment paper and use a meat mallet or a frying pan to gently pound it to an even thickness, about 1/2 inch. Repeat with the remaining breasts.
- Place the flour in a wide, shallow dish, season generously with salt and pepper, and whisk to combine. Dredge each breast in the flour mixture and shake off any excess. Melt the butter in a large frying pan over medium heat. When it foams, add the chicken breasts and sauté until golden brown, about 4 minutes per side.
- Remove to a plate and set aside.
- Add the wine and scrape the bottom of the pan with a wooden spoon to incorporate any browned bits into the sauce. Return the chicken to the pan and reduce the heat to low. Divide the prosciutto among the chicken breasts, then divide the cheese. Cook, spooning sauce over the chicken to help melt the cheese, until the sauce has slightly thickened, about 3 minutes. (
- Add a few tablespoons of water if the sauce gets too thick.) Season with pepper and serve. Beverage pairing: Try a northern Italian white with this, something sharp and defined like the 2005 Pinot Grigio from the master of the Alto Adige, Alois Lageder. It has sharp green pear and herbal flavors that will highlight all the elements in this simple dish.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:8.76, Inflammation Score:-6, Nutrition Score:21.061738962712%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 477.97kcal (23.9%), Fat: 25.95g (39.93%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.34g (4.49%), Sugar: 0.41g (0.46%), Cholesterol: 164.76mg (54.92%), Sodium: 600.96mg (26.13%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 43.28g (86.57%), Vitamin B3: 19.28mg (96.39%), Selenium: 64.79µg (92.56%), Vitamin B6: 1.34mg (66.93%), Phosphorus: 449.75mg (44.98%), Vitamin B5: 2.66mg (26.55%), Potassium: 698.59mg (19.96%), Vitamin B1: 0.28mg (18.35%), Vitamin B2: 0.29mg (17.35%), Magnesium: 53.3mg (13.33%), Zinc: 1.79mg (11.94%), Vitamin B12: 0.67µg (11.22%), Vitamin A: 536.1IU (10.72%), Calcium: 94.79mg (9.48%), Folate: 36.84µg (9.21%), Manganese: 0.17mg (8.35%), Iron: 1.5mg (8.33%), Vitamin E: 0.76mg (5.05%), Copper: 0.08mg (4.11%), Vitamin D: 0.52µg (3.48%), Vitamin C: 2.04mg (2.47%), Vitamin K: 1.96µg (1.87%), Fiber: 0.45g (1.79%)