



food
network

Prosciutto and Mozzarella Stuffed Chicken with Orange Beurre Blanc Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



444 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 4 tablespoons butter cut into cubes ()
- 6 ounce chicken breasts boneless
- 0.5 cup cooking wine dry white
- 1 tablespoon parsley leaves fresh very finely chopped
- 1 cup heavy cream
- 8 servings olive oil for brushing

- 1 cup orange juice
- 8 slices pancetta
- 8 servings salt
- 8 ounces mozzarella cheese shredded

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- toothpicks

Directions

- For the stuffed chicken: Preheat oven to 350 degrees F.
- Carefully slice a slit along edge of the thickest part of each chicken breast to create a pocket. Stuff a slice of prosciutto and 1-ounce mozzarella into each, secure with toothpicks as needed, and place on a baking sheet. Season with salt and pepper and brush with olive oil.
- Place in the oven and roast until fork tender about 45 to 50 minutes.
- Combine the orange juice and wine in a saucepan and simmering on medium heat until reduced by half the volume. Stir in heavy cream, bring to a gentle simmer, and allow to reduce and thicken over low heat. Stir in parsley and set aside briefly in a warm place.
- Remove any toothpicks from chicken and place on serving dish.
- Whisk butter into sauce just before serving, and drizzle sauce around and over the chicken.

Nutrition Facts



PROTEIN 11.84% **FAT 83.33%** **CARBS 4.83%**

Properties

Glycemic Index:26, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:9.7026087110457%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 444.43kcal (22.22%), Fat: 40.55g (62.38%), Saturated Fat: 17.29g (108.09%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.92g (4.35%), Cholesterol: 89.95mg (29.98%), Sodium: 503.85mg (21.91%), Alcohol: 1.54g (100%), Alcohol %: 1.26% (100%), Protein: 12.97g (25.93%), Selenium: 14.25µg (20.35%), Vitamin C: 16.6mg (20.12%), Phosphorus: 183.88mg (18.39%), Vitamin A: 917.9IU (18.36%), Vitamin K: 19.02µg (18.11%), Vitamin E: 2.6mg (17.32%), Calcium: 172.1mg (17.21%), Vitamin B3: 2.74mg (13.69%), Vitamin B12: 0.79µg (13.14%), Vitamin B6: 0.22mg (11.11%), Vitamin B2: 0.18mg (10.5%), Zinc: 1.16mg (7.76%), Potassium: 222.93mg (6.37%), Vitamin B5: 0.54mg (5.4%), Vitamin B1: 0.08mg (5.31%), Magnesium: 19.72mg (4.93%), Vitamin D: 0.64µg (4.28%), Folate: 14.46µg (3.62%), Iron: 0.49mg (2.73%), Manganese: 0.05mg (2.44%), Copper: 0.03mg (1.6%)