



Prosciutto skewered chicken with fried sage leaves

READY IN



30 min.

SERVINGS



2

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet chicken breast boneless skinless
- ☐ 4 slices bacon smoked
- ☐ 1 tbsp flour plain
- ☐ 1 tbsp olive oil
- ☐ 1 handful sage
- ☐ 25 g butter
- ☐ 150 ml wine dry white
- ☐ 4 tbsp crème fraîche

☐ 2 servings noodles cooked

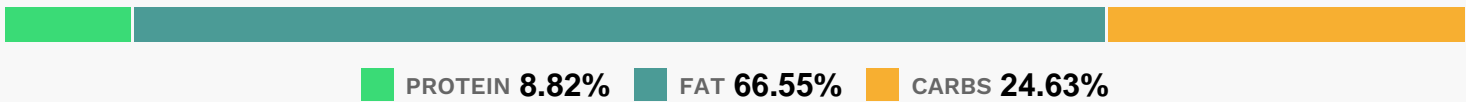
Equipment

- ☐ frying pan
- ☐ rolling pin
- ☐ slotted spoon
- ☐ cocktail sticks

Directions

- ☐ Put the chicken breasts between two sheets of greaseproof paper and beat with a rolling pin until roughly twice their original size.
- ☐ Lay two rippled slices of prosciutto on top of each breast and secure with cocktail sticks. Dust each breast lightly with flour, then season with salt and pepper. (Can be made several hours ahead up to this point, and chilled.)
- ☐ Heat the oil in a frying pan, drop in the sage leaves (they should sizzle) and fry for 30 seconds until just crisp. They can burn quickly so watch them. Lift out the leaves with a slotted spoon and drain on kitchen paper.
- ☐ Add the butter to the pan, let it melt, then fry the chicken for 3–4 minutes on each side until cooked and well browned.
- ☐ Remove from the pan and set aside.
- ☐ Pour in the wine, stirring well to scrape all the lovely sticky bits from the bottom of the pan.
- ☐ Let the mixture bubble until the wine is reduced by about half. Stir in the cream or crme frache, put the chicken back in the pan and heat through. Scatter the fried sage leaves on top and serve with pasta tossed with a little olive oil and some freshly chopped sage leaves.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:14.35, Inflammation Score:-6, Nutrition Score:15.140434727721%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 601.36kcal (30.07%), Fat: 40.37g (62.1%), Saturated Fat: 15.97g (99.81%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 31.62g (11.5%), Sugar: 2.04g (2.27%), Cholesterol: 70.71mg (23.57%), Sodium: 385.37mg (16.76%), Alcohol: 7.84g (100%), Alcohol %: 3.74% (100%), Protein: 12.04g (24.08%), Copper: 15.49mg (774.58%), Selenium: 33.96µg (48.52%), Manganese: 0.9mg (45.03%), Phosphorus: 155.62mg (15.56%), Vitamin B1: 0.19mg (12.85%), Vitamin B3: 2.55mg (12.73%), Iron: 2.28mg (12.65%), Vitamin E: 1.63mg (10.89%), Vitamin B6: 0.22mg (10.8%), Magnesium: 40.55mg (10.14%), Vitamin A: 478.48IU (9.57%), Zinc: 1.26mg (8.41%), Fiber: 2g (7.98%), Vitamin B2: 0.13mg (7.91%), Calcium: 76.17mg (7.62%), Potassium: 240.95mg (6.88%), Vitamin K: 5.77µg (5.49%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.29µg (4.89%), Folate: 15.43µg (3.86%), Vitamin D: 0.18µg (1.18%)