

Prosciutto-Wrapped Chicken Breasts with Herbed Goat Cheese

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 dates chopped
- 1 tablespoon basil fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 1 clove garlic minced
- 0.8 cup goat cheese soft
- 0.3 teaspoon pepper black
- 2 tablespoons olive oil divided

- 4 large pancetta thin
- 0.3 teaspoon salt
- 2 shallots chopped
- 4 chicken breast halves boneless skinless

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread 1 tablespoon of olive oil on a baking sheet, and set aside.
- Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the shallots, and cook until they turn translucent, about 3 minutes. Stir in the garlic, thyme, salt, and pepper; cook and stir an additional 2 minutes.
- Transfer the shallot mixture to a bowl.
- Mix in the goat cheese, dates, and basil; stir until well combined.
- With a sharp knife, cut a 1-inch long slit into the thick side of each chicken breast. Work your fingers into the slit, and expand the slit to form a pocket in the breast meat. With your fingers or a spoon, stuff each chicken breast with about 1/4 cup of the goat cheese mixture. Wipe off any cheese mixture from the outside of the chicken breast, and wrap each breast in a slice of prosciutto so that the pocket opening is covered.
- Place the chicken breasts, seam sides down, onto the prepared baking sheet.
- Bake in the preheated oven until the chicken meat is no longer pink and the prosciutto is browned and crisp, about 40 minutes. Turn the chicken breasts over after 20 minutes.

Nutrition Facts



■ PROTEIN 37.22% ■ FAT 55.43% ■ CARBS 7.35%

Properties

Glycemic Index:64.75, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:16.429999859437%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 362.28kcal (18.11%), Fat: 22.13g (34.04%), Saturated Fat: 8.88g (55.52%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.7g (5.22%), Cholesterol: 97.18mg (32.39%), Sodium: 487.98mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.43g (66.85%), Vitamin B3: 12.4mg (62.01%), Selenium: 39.38µg (56.26%), Vitamin B6: 1.04mg (51.9%), Phosphorus: 370.69mg (37.07%), Vitamin B5: 2.02mg (20.21%), Copper: 0.38mg (18.8%), Vitamin B2: 0.29mg (17.12%), Potassium: 530.48mg (15.16%), Magnesium: 43.56mg (10.89%), Vitamin A: 528.44IU (10.57%), Vitamin B1: 0.14mg (9.1%), Iron: 1.63mg (9.06%), Vitamin E: 1.35mg (8.98%), Zinc: 1.23mg (8.2%), Calcium: 77.29mg (7.73%), Manganese: 0.15mg (7.69%), Vitamin K: 7.74µg (7.37%), Vitamin B12: 0.35µg (5.78%), Vitamin C: 3.5mg (4.24%), Folate: 15.48µg (3.87%), Fiber: 0.95g (3.78%), Vitamin D: 0.32µg (2.1%)