



Prosciutto Wrapped Rosemary Chicken Thighs



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 4 servings drizzle balsamic vinegar
- ☐ 2 large cloves garlic peeled very thinly sliced
- ☐ 2 lemons cut into thin wedges
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 8 slices prosciutto di parma thin
- ☐ 1 package bundle rosemary fresh
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 pieces chicken thighs boneless skinless trimmed of fat

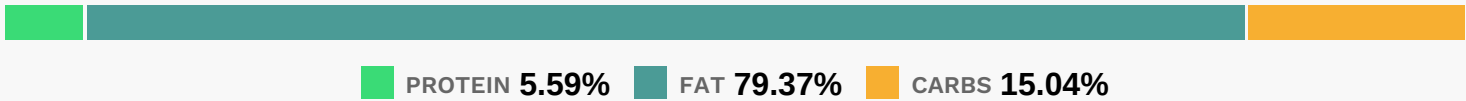
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a double burner grill pan, griddle pan, or outdoor grill over medium-high heat.
- ☐ Pour about 1/4 cup extra-virgin olive oil into a shallow dish and add the garlic.
- ☐ Strip the leaves off a sprig of rosemary and finely chop, about 1 tablespoon.
- ☐ Add the chopped rosemary to the bowl with the garlic and oil. Break the remaining rosemary up into 8 small sprigs about the size of the chicken pieces.
- ☐ Season the chicken pieces with salt and pepper, to taste, and add them to the garlic mixture. Turn to coat. Wrap the chicken pieces in prosciutto, securing the ham with a sprig of rosemary as you wrap. The sprigs should stick out a bit at the edges of the ham.
- ☐ Drizzle the chicken with more oil and grill for 12 minutes, turning occasionally.
- ☐ Serve 2 pieces of chicken for each serving, along with some lemon wedges for squeezing over the top.
- ☐ Drizzle with balsamic vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:5.0613043126853%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg

Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 220.99kcal (11.05%), Fat: 20.12g (30.95%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.97g (2.53%), Sugar: 3.76g (4.18%), Cholesterol: 12.46mg (4.15%), Sodium: 113.07mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin C: 29.14mg (35.32%), Vitamin E: 2.1mg (14%), Vitamin K: 8.37µg (7.98%), Fiber: 1.6g (6.42%), Selenium: 4.1µg (5.86%), Vitamin B6: 0.11mg (5.72%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.82mg (4.12%), Phosphorus: 41.08mg (4.11%), Manganese: 0.08mg (3.97%), Potassium: 138.17mg (3.95%), Iron: 0.65mg (3.6%), Magnesium: 9.39mg (2.35%), Calcium: 23.43mg (2.34%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (1.93%), Zinc: 0.29mg (1.9%), Vitamin B2: 0.03mg (1.74%), Folate: 6.35µg (1.59%), Vitamin B12: 0.09µg (1.55%)