



Ricotta, Spinach, and Ham Stuffed Chicken Breast Marsala with Pine Nut Pilaf

READY IN



45 min.

SERVINGS



4

CALORIES



939 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons butter
- 4 tablespoons butter divided
- 1.5 cups chicken broth
- 2 cups chicken stock see
- 0.5 pound cremini mushrooms sliced
- 1 handful flat-leaf parsley fresh finely chopped
- 4 servings flour for dredging
- 2 cloves garlic thinly sliced

- 4 servings kosher salt and pepper black freshly ground
- 1 cup rice long grain
- 0.5 cup marsala wine
- 4 servings nutmeg freshly grated
- 4 servings olive oil extra-virgin for drizzling
- 0.5 cup orzo pasta
- 0.3 cup pinenuts
- 0.8 cup sheep's milk ricotta fresh
- 4 chicken breasts boneless skinless
- 4 slices speck
- 1 box pkt spinach frozen dry organic separated

Equipment

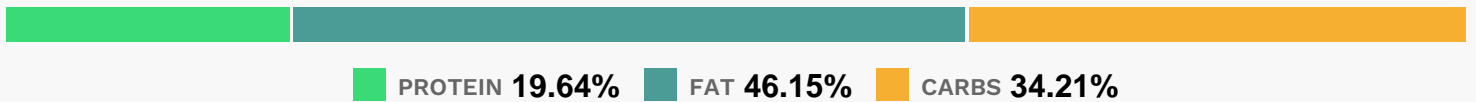
- frying pan
- pot
- aluminum foil
- kitchen twine

Directions

- Cut 4 long pieces of kitchen twine.
- In a large skillet over medium-high heat, add a liberal drizzle of extra-virgin olive oil plus 2 tablespoons butter and saute the mushrooms for 8 to 10 minutes to darken.
- Meanwhile, butterfly the chicken breasts open and pound them out very thin, no more than 1/8-inch thick. Season the chicken with salt and pepper and top each piece of chicken with 2 tablespoons ricotta cheese and spread it around. Top with 1/4 of the spinach and season with freshly grated nutmeg, salt and pepper. Then top each piece of chicken with a slice of speck.
- Roll the chicken into bundles and secure with twine. Season the bundles with salt and pepper and dredge lightly in flour.
- Season the mushrooms with salt and pepper and remove to a plate.
- Add extra-virgin olive oil to coat the pan.

- Add the chicken and cook over medium-high heat for 15 minutes.
- Remove the chicken to a plate and cover with foil.
- Add the remaining 2 tablespoons of butter to the pan, sprinkle in 2 tablespoons flour, and deglaze the pan with marsala.
- Add the broth and cook to thicken, about 1 to 2 minutes, and then add the mushrooms to combine.
- Remove the string from the chicken and top with sauce.
- Serve with Pine Nut Pilaf.
- Melt the butter in a saucepot over medium heat.
- Add the orzo and pine nuts and toast until golden.
- Add the rice and stir in the stock. Bring to a boil, reduce the heat to simmer, and cover. Cook for 18 minutes. Fluff with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:110.55, Glycemic Load:32.59, Inflammation Score:-10, Nutrition Score:44.139565068743%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 938.77kcal (46.94%), Fat: 46.4g (71.38%), Saturated Fat: 15.95g (99.67%), Carbohydrates: 77.38g (25.79%), Net Carbohydrates: 72.76g (26.46%), Sugar: 9.01g (10.01%), Cholesterol: 135.49mg (45.16%), Sodium: 929.88mg (40.43%), Alcohol: 4.59g (100%), Alcohol %: 0.89% (100%), Protein: 44.44g (88.87%), Vitamin K: 295.71µg (281.63%), Vitamin A: 8981.88IU (179.64%), Selenium: 81.81µg (116.87%), Manganese: 2.24mg (112.04%), Vitamin B3: 18.71mg (93.53%), Vitamin B6: 1.26mg (63.13%), Phosphorus: 547.85mg (54.78%), Vitamin B2: 0.82mg

(48.06%), Copper: 0.82mg (40.85%), Folate: 155.05µg (38.76%), Vitamin E: 5.76mg (38.41%), Magnesium: 146.53mg (36.63%), Potassium: 1281.54mg (36.62%), Vitamin B5: 3.24mg (32.36%), Vitamin B1: 0.43mg (28.78%), Zinc: 3.48mg (23.19%), Iron: 4.07mg (22.63%), Calcium: 223.93mg (22.39%), Fiber: 4.62g (18.48%), Vitamin C: 7.43mg (9%), Vitamin B12: 0.38µg (6.27%), Vitamin D: 0.2µg (1.34%)