



Roasted Chicken Breast with Prosciutto, Lemon & Nutmeg



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 2 servings nutmeg as needed freshly grated
- ☐ 2 servings olive oil as needed
- ☐ 4 slice pancetta
- ☐ 2 servings salt as needed
- ☐ 1 tablespoon butter unsalted

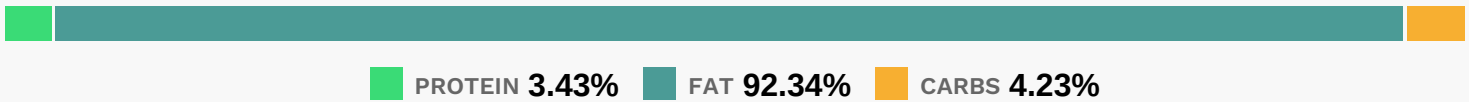
Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat oven to 425 degrees.Loosen the skin on one of the chicken breasts by running your fingers underneath it, leaving it attached at the edges. Wrap one piece of prosciutto around on lemon slice, leaving the rind exposed on one side. It’s okay if it peeks out a little. Gently coax the wrapped lemon under the skin. Repeat with the other chicken breast. Rub both breasts with olive oil and season well with plenty of salt and nutmeg.
- ☐ Place the chicken, skin side up into a cast iron or oven proof skillet, large enough to comfortably hold both breasts. Cook for about 30 minutes, until the skin is brown and crisp.
- ☐ Remove the chicken to a warm plate to rest. Move the skillet with its pan juices to the stove top. Set the heat to medium.
- ☐ Add the wine to the pan to deglaze, scraping up the browned bits on the bottom of the pan.
- ☐ Add the butter, swirling until melted, then let it cook 2 or 3 minutes to thicken slightly.
- ☐ Serve the breasts sitting in a small puddle of the the pan sauce.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:3.2043478181181%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 300.37kcal (15.02%), Fat: 26.75g (41.16%), Saturated Fat: 8.17g (51.09%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.15g (1.28%), Cholesterol: 25.61mg (8.54%), Sodium: 304.08mg (13.22%), Alcohol: 6.18g (100%), Alcohol %: 7.87% (100%), Protein: 2.24g (4.47%), Vitamin E: 2.25mg (14.98%), Vitamin K: 9.16µg (8.72%), Manganese: 0.13mg (6.54%), Selenium: 3.38µg (4.83%), Phosphorus: 39.78mg (3.98%), Vitamin B6: 0.08mg (3.8%), Vitamin B3: 0.74mg (3.69%), Vitamin A: 182.89IU (3.66%), Vitamin B1: 0.05mg (3.63%), Magnesium: 11.73mg (2.93%), Potassium: 83.14mg (2.38%), Zinc: 0.31mg (2.07%), Iron: 0.37mg (2.05%), Fiber: 0.42g (1.66%), Copper: 0.03mg (1.55%), Vitamin B12: 0.09µg (1.53%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.12mg (1.24%), Calcium: 11.82mg (1.18%), Vitamin D: 0.17µg (1.13%)