



Rosemary Chicken Breasts, Brown Butter and Balsamic Ravioli, Warm Spinach Salad with Pancetta and Sweet Vinaigrette

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
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- 3 tablespoons butter cut into small pieces
- 4 servings salt and coarse pepper black
- 1 bunch flat-leaf spinach

- 0.3 cup flat-leaf parsley chopped
- 4 cloves garlic with a whack against the flat of your knife
- 2 tablespoons olive oil extra-virgin
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- 6 slices pancetta chopped
- 2 handfuls parmigiano-reggiano grated
- 3 stems rosemary chopped
- 4 servings salt and pepper
- 1 small shallots finely chopped
- 4 pieces chicken breast boneless skinless
- 2 teaspoons sugar
- 1 package to 16 ounces fresh
- 1 package to 16 ounces fresh

Equipment

- frying pan
- paper towels
- pot

Directions

- Coat chicken in balsamic vinegar, then olive oil. Season chicken with rosemary, salt and pepper and let stand 10 minutes.
- Bring a large pot of water to a boil for ravioli. Salt water and drop ravioli in water. Cook 8 minutes or until raviolis expand, float to top of water, and are al dente.
- Heat a medium nonstick skillet over medium high heat.
- Add chicken breasts and cracked garlic to the pan. Cook chicken 12 minutes, or until juices run clear, turning occasionally. The balsamic vinegar will produce a deep brown, sweet finish on the chicken as it cooks.
- When the chicken is 2 or 3 minutes away from done, heat a second skillet over medium low to medium heat. To the second skillet, add butter to the pan and let it begin to brown.

- Remove chicken from the first skillet and transfer to a warm platter. In a skillet over medium high heat and add the pancetta. Brown the pancetta bits, about 2 or 3 minutes, then transfer to paper towels to drain and return pan to heat, reducing heat to medium.
- Add oil and shallots to the pan and let the shallots saute 2 minutes.
- When the butter for the ravioli has browned, add cooked ravioli to the pan and turn in butter to heat through.
- Add balsamic vinegar to the ravioli and cook a minute or 2 longer to reduce the vinegar and glaze the ravioli. The vinegar will become thick and syrup like.
- Add cheese, parsley, salt and pepper to the pasta and remove the pan from the heat.
- To the sauteed shallots for the spinach salad, add sugar and cook sugar with shallots 1 minute.
- Add vinegar to the pan, scraping up pan drippings.
- Add spinach to the dressing and turn to wilt and coat it evenly in sweet vinaigrette.
- Add crisp pancetta to the salad.
- Serve chicken along side ravioli and spinach salad, all on the same dinner plate.

Nutrition Facts

PROTEIN 4.93% **FAT 83.63%** **CARBS 11.44%**

Properties

Glycemic Index:122.77, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:11.846086950406%

Flavonoids

Apigenin: 38.8mg, Apigenin: 38.8mg, Apigenin: 38.8mg, Apigenin: 38.8mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.72mg, Myricetin: 2.72mg, Myricetin: 2.72mg, Myricetin: 2.72mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 334.23kcal (16.71%), Fat: 31.19g (47.98%), Saturated Fat: 10.24g (64.01%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 8.71g (3.17%), Sugar: 6.27g (6.97%), Cholesterol: 37.42mg (12.47%), Sodium: 620.48mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin K: 304.47µg (289.98%), Vitamin A: 1793.56IU (35.87%), Vitamin C: 25.43mg (30.83%), Vitamin E: 2.49mg (16.62%), Iron: 1.62mg (8.97%), Selenium: 5.29µg (7.56%), Folate: 30.2µg (7.55%), Vitamin B6: 0.14mg (7.02%), Manganese: 0.13mg (6.68%), Phosphorus: 61.72mg (6.17%), Vitamin B3: 1.22mg (6.12%), Potassium: 208.74mg (5.96%), Vitamin B1: 0.08mg (5.66%), Calcium: 49.96mg (5%), Magnesium: 17.33mg (4.33%), Zinc: 0.55mg (3.68%), Fiber: 0.89g (3.56%), Copper: 0.06mg (2.88%),

Vitamin B2: 0.05mg (2.71%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.13µg (2.18%)