



## Stuffed Chicken, No Bones About It: Braciola di Pollo

READY IN



75 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

### Ingredients

- 1 bunch basil
- 0.3 cup bread crumbs fresh
- 2.5 pound fryer chicken
- 2 eggs
- 1 tablespoon rosemary leaves fresh chopped
- 0.3 cup parmigiano-reggiano freshly grated
- 1 bunch parsley finely chopped
- 0.3 pound pancetta sliced cut into 1/4-inch batons thin

- 0.3 cup provolone cheese grated
- 6 servings salt and pepper

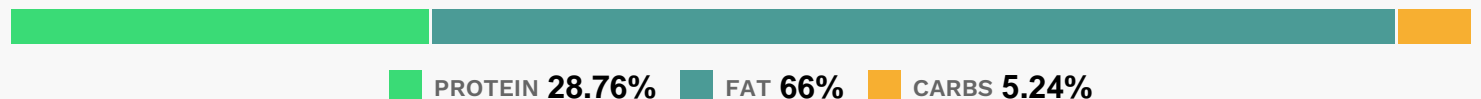
## Equipment

- oven
- mixing bowl
- roasting pan
- kitchen thermometer
- cutting board
- kitchen twine

## Directions

- Preheat the oven to 450 degrees F.
- Lay the chicken on a cutting board, skin-side down, and season all over with salt and pepper. In a mixing bowl, stir together the prosciutto, parsley, bread crumbs, Parmigiano-Reggiano, eggs, provolone, basil leaves and rosemary leaves until lightly mixed.
- Lay the filling in a layer over the chicken's interior to within 1-inch of any of the perimeter.
- Roll the bird up like a stuffed roast and tie tightly at regular intervals with butcher's twine. Season the outside with salt and pepper and place on a roasting rack in a roasting pan.
- Place chicken in oven and cook 35 to 40 minutes, until crisp and golden on the outside and the internal temperature is 160 degrees F on a meat thermometer.
- Remove from oven, allow to rest 10 minutes, carve into 3/4-inch thick medallions and serve.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:17.119130466295%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 352.41kcal (17.62%), Fat: 25.44g (39.14%), Saturated Fat: 8.58g (53.64%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.48g (0.54%), Cholesterol: 141.7mg (47.23%), Sodium: 548.37mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin K: 163.23µg (155.45%), Vitamin B3: 7.4mg (36.99%), Selenium: 24.25µg (34.64%), Phosphorus: 259.71mg (25.97%), Vitamin A: 1174.5IU (23.49%), Vitamin B6: 0.42mg (20.89%), Vitamin C: 14.4mg (17.45%), Vitamin B2: 0.25mg (14.8%), Zinc: 2.07mg (13.83%), Calcium: 134.93mg (13.49%), Vitamin B5: 1.27mg (12.69%), Iron: 2.09mg (11.59%), Vitamin B1: 0.17mg (11.16%), Vitamin B12: 0.65µg (10.87%), Potassium: 308.19mg (8.81%), Folate: 33.7µg (8.43%), Magnesium: 33.39mg (8.35%), Manganese: 0.1mg (5.02%), Copper: 0.1mg (4.84%), Vitamin E: 0.61mg (4.1%), Vitamin D: 0.6µg (3.99%), Fiber: 0.58g (2.34%)