



4-Step Chicken Marengo

READY IN



35 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 0.5 tablespoon butter
- ☐ 14 ounce canned tomatoes chopped canned
- ☐ 3 large chicken cutlets frozen sliced into thin paillards slice while partially
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 pound mushrooms sliced
- ☐ 1 medium onion sweet sliced
- ☐ 2 tablespoons tomato paste

- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup white wine
- ☐ 1 bell pepper yellow julienned seeded

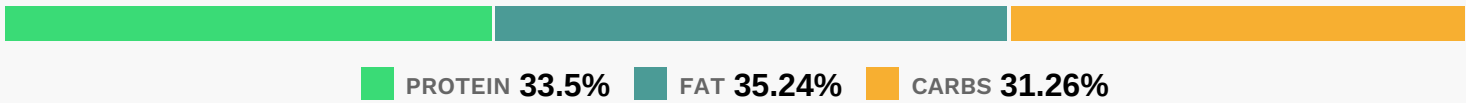
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the chicken with salt and pepper, to taste, and lightly dredge in flour. In a large saute pan, heat the oil over medium-high heat and add the chicken. Brown on both sides, until nicely golden, about 3 minutes per side.
- ☐ Remove from the pan and set aside on a plate. In the same pan, add more oil, if needed, along with the onion, mushrooms and peppers and saute until softened and fragrant, but not limp, about 5 minutes. Season with salt and pepper, to taste. Stir in the tomato paste and cook a few minutes to cook out the raw flavor. Turn up the heat, and add the wine/wine to deglaze the pan and let it reduce for 2 or 3 minutes.
- ☐ Add the beef broth and tomatoes. Once the mixture begins to bubble, add the browned paillards and any juices from the chicken and reduce the heat to a simmer. Cook until the chicken is warmed through, about 3 minutes. Turn the heat off and stir in the butter.
- ☐ Transfer to a serving platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:11.73, Inflammation Score:-8, Nutrition Score:30.203478331151%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg

Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 417.19kcal (20.86%), Fat: 15.78g (24.28%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 27.26g (9.91%), Sugar: 10.95g (12.17%), Cholesterol: 85.36mg (28.45%), Sodium: 476.81mg (20.73%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 33.75g (67.51%), Vitamin B3: 18.37mg (91.85%), Vitamin C: 72.16mg (87.47%), Selenium: 53.15µg (75.94%), Vitamin B6: 1.36mg (68.14%), Phosphorus: 411.14mg (41.11%), Potassium: 1241.41mg (35.47%), Vitamin B5: 3.18mg (31.75%), Vitamin B2: 0.53mg (31.3%), Copper: 0.53mg (26.44%), Manganese: 0.51mg (25.33%), Vitamin B1: 0.37mg (24.93%), Vitamin K: 25.89µg (24.65%), Folate: 84.93µg (21.23%), Magnesium: 79.72mg (19.93%), Iron: 3.5mg (19.47%), Vitamin E: 2.73mg (18.23%), Fiber: 4.24g (16.96%), Zinc: 1.66mg (11.06%), Vitamin A: 478.19IU (9.56%), Calcium: 72.22mg (7.22%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.24µg (1.61%)