



WHATSHATE

Breaded Chicken Marsala

READY IN



765 min.

SERVINGS



8

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs toasted
- ☐ 0.3 cup canola oil
- ☐ 1 meat from a rotisserie chicken whole split cut into 10 pieces the 2 breasts into 2 even pieces; 2 wings; 2 drumsticks; and 2 thighs
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon hot sauce
- ☐ 8 servings kosher salt
- ☐ 8 servings lemon wedges for garnish
- ☐ 0.5 cup marsala wine

- ☐ 0.5 cup soya sauce
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1 tablespoon worcestershire sauce

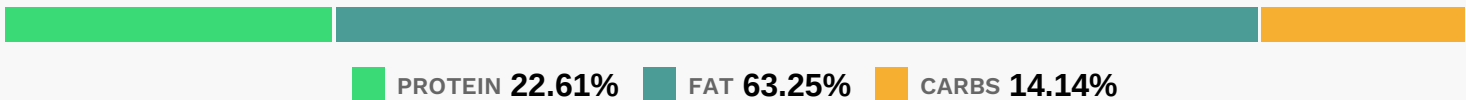
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a bowl large enough to hold all of the chicken, whisk together the soy sauce, Marsala, Worcestershire sauce, Dijon mustard, hot sauce, and canola oil.
- ☐ Remove the skin from the breast and thigh pieces and submerge the chicken in the marinade. Refrigerate for at least 3 hours or overnight.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a medium bowl, combine the bread crumbs and butter.
- ☐ Mix to blend. Season with salt.
- ☐ Remove the chicken pieces from the marinade, allowing any excess liquid to drip off the chicken pieces, and roll them in the breadcrumbs. Take care to bread all sides of each piece. Arrange them in a single layer on a baking sheet and place in the center of the oven.
- ☐ Bake until the pieces are cooked through (internal temperature of 155 to 160 F) and the chicken and bread crumbs are golden brown, 25 to 30 minutes.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:10.76739126703%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 394.66kcal (19.73%), Fat: 26.46g (40.71%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.39g (4.51%), Sugar: 2.56g (2.85%), Cholesterol: 82.7mg (27.57%), Sodium: 1283.01mg (55.78%), Alcohol: 2.3g (100%), Alcohol %: 1.82% (100%), Protein: 21.29g (42.58%), Vitamin B3: 8.02mg (40.1%), Selenium: 18.65µg (26.64%), Vitamin B6: 0.38mg (19.24%), Phosphorus: 189.37mg (18.94%), Vitamin B1: 0.21mg (13.92%), Manganese: 0.25mg (12.49%), Vitamin B2: 0.2mg (11.88%), Iron: 2.08mg (11.55%), Vitamin E: 1.66mg (11.08%), Zinc: 1.55mg (10.34%), Vitamin B5: 1.02mg (10.21%), Magnesium: 34.35mg (8.59%), Potassium: 278.61mg (7.96%), Vitamin K: 7.79µg (7.42%), Folate: 23.57µg (5.89%), Vitamin B12: 0.35µg (5.86%), Copper: 0.12mg (5.76%), Vitamin A: 271.7IU (5.43%), Calcium: 45.69mg (4.57%), Vitamin C: 3.56mg (4.32%), Fiber: 0.92g (3.67%), Vitamin D: 0.27µg (1.79%)