



Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup all purpose flour
- 2 tablespoons butter
- 32 ounce chicken breasts
- 0.5 cup chicken stock see
- 1 cup marsala wine
- 2 cups olive oil extra-virgin
- 0.5 pound oyster mushrooms sliced into 1/4-inch pieces
- 1 bunch parsley italian chopped
- 4 large slices pancetta

- 4 large sage leaves
- 4 servings salt and pepper
- 4 shallots thinly sliced

Equipment

- frying pan
- paper towels
- pot
- toothpicks
- slotted spoon
- meat tenderizer

Directions

- Season the flour with salt and pepper.
- With a meat mallet, pound the chicken breasts to 1/4-inch thickness. Season each breast with salt and pepper and lay 1 sage leaf on each breast.
- Lay 1 slice prosciutto over each piece and fold in half like a book. Secure the two sides with a toothpick and dredge each breast in the seasoned flour.
- In a heavy-bottomed pot with high sides, heat the 2 cups olive oil to 375 degrees. Make sure that you have a slotted spoon or spider close by. Working in a few batches, fry the leaves in the oil, removing with the slotted spoon after 30 seconds. Season with salt, set on a plate lined with paper towels to drain, and set aside.
- In a 12 to 14-inch saute pan, heat the remaining olive oil until smoking.
- Add the chicken and saute until golden brown on both sides.
- Add the shallots and mushrooms and cook until the mushrooms have sweated, about 5 to 6 minutes.
- Add the Marsala and chicken stock and cook over high heat until reduce by half. Swirl the butter into the pan, add the parsley and serve on 4 warmed dinner plates, topped with the fried sage leaves.

Nutrition Facts



■ PROTEIN **30.89%** ■ FAT **46.16%** ■ CARBS **22.95%**

Properties

Glycemic Index:46.75, Glycemic Load:18.41, Inflammation Score:-9, Nutrition Score:37.955652029618%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 30.8mg, Apigenin: 30.8mg, Apigenin: 30.8mg, Apigenin: 30.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 795.49kcal (39.77%), Fat: 37.36g (57.48%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 38.37g (13.95%), Sugar: 7.95g (8.83%), Cholesterol: 166.38mg (55.46%), Sodium: 625.39mg (27.19%), Alcohol: 9.18g (100%), Alcohol %: 2.05% (100%), Protein: 56.25g (112.5%), Vitamin K: 248µg (236.19%), Vitamin B3: 29.47mg (147.37%), Selenium: 87.6µg (125.14%), Vitamin B6: 1.91mg (95.68%), Phosphorus: 628.04mg (62.8%), Vitamin B5: 4.3mg (43.03%), Potassium: 1377.81mg (39.37%), Vitamin B2: 0.64mg (37.84%), Vitamin B1: 0.53mg (35.5%), Folate: 119.68µg (29.92%), Vitamin A: 1475.46IU (29.51%), Vitamin C: 23.73mg (28.77%), Vitamin E: 3.88mg (25.88%), Iron: 4.6mg (25.53%), Manganese: 0.48mg (24.19%), Magnesium: 96.2mg (24.05%), Copper: 0.46mg (22.88%), Zinc: 2.41mg (16.06%), Fiber: 3.42g (13.68%), Vitamin B12: 0.51µg (8.42%), Calcium: 55.03mg (5.5%), Vitamin D: 0.66µg (4.37%)