



Chicken and Mushroom Marsala

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



283 kcal

BEVERAGE

DRINK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup less-sodium chicken broth fat-free
- 0.3 cup marsala wine
- 2 cups mushrooms sliced
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 12 ounce chicken breast halves boneless skinless

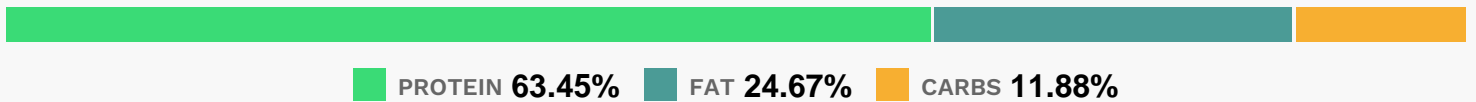
Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Combine first 4 ingredients in a small bowl.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken, and cook 3 minutes on each side or until done.
- Remove from pan; keep warm.
- Add mushrooms to pan; cook 6 minutes or until browned, stirring occasionally.
- Add Marsala mixture; simmer 4 minutes or until liquid is reduced to about 1/4 cup, scraping pan to loosen browned bits. Spoon over chicken.
- carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:22.110869739367%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 282.54kcal (14.13%), Fat: 6.8g (10.46%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 6.38g (2.32%), Sugar: 4.29g (4.77%), Cholesterol: 108.86mg (36.29%), Sodium: 650.3mg (28.27%), Alcohol: 4.59g (100%), Alcohol %: 1.73% (100%), Protein: 39.36g (78.71%), Vitamin B3: 21.48mg (107.42%), Selenium: 64.35µg (91.93%), Vitamin B6: 1.38mg (68.98%), Phosphorus: 446.82mg (44.68%), Vitamin B5: 3.92mg (39.18%), Vitamin B2: 0.57mg (33.51%), Potassium: 975.33mg (27.87%), Copper: 0.37mg (18.69%), Magnesium: 56.16mg (14.04%), Vitamin B1: 0.19mg (12.99%), Zinc: 1.52mg (10.11%), Vitamin B12: 0.45µg (7.57%), Iron: 1.26mg (7%), Manganese: 0.13mg (6.36%), Folate: 23.52µg (5.88%), Vitamin C: 4.06mg (4.92%), Vitamin E: 0.62mg (4.15%), Fiber: 0.99g (3.97%), Vitamin D: 0.36µg (2.41%), Vitamin K: 1.75µg (1.67%), Calcium: 16.05mg (1.61%), Vitamin A: 51.71IU (1.03%)