



Chicken and Mushrooms with Marsala Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces button mushrooms thinly sliced
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 4 teaspoons flour all-purpose divided
- ☐ 0.3 cup basil leaves fresh

- ☐ 5 garlic cloves thinly sliced
- ☐ 0.7 cup lower-sodium chicken broth fat-free
- ☐ 0.5 cup marsala wine dry
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 teaspoon salt divided
- ☐ 4 ounces shiitake mushroom caps thinly sliced
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place porcini mushrooms in a small bowl; cover with boiling water. Cover and let stand 30 minutes or until tender.
- ☐ Drain and rinse; drain well. Thinly slice.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound chicken to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Combine 3 teaspoons flour, 1/4 teaspoon salt, and black pepper in a shallow dish. Dredge chicken in flour mixture.
- ☐ Heat a large stainless steel skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add chicken; cook 3 minutes on each side or until done.
- ☐ Remove from pan; cover and keep warm.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.

- ☐
- Add onion, red pepper, and garlic; saut 2 minutes or until onion is lightly browned.
- ☐
- Add remaining 1/2 teaspoon salt, porcini, shiitake, button mushrooms, and oregano; saut 6 minutes or until mushrooms release moisture and darken.
- ☐
- Sprinkle with remaining 1 teaspoon flour; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute.
- ☐
- Add broth; bring to a boil. Reduce heat, and simmer 1 minute.
- ☐
- Add chicken and tomatoes; cook 2 minutes or until thoroughly heated, turning chicken once.
- ☐
- Sprinkle with basil.

Nutrition Facts

PROTEIN

48.15%

FAT

32.17%

CARBS

19.68%

Properties

Glycemic Index:75.75, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:25.456521801327%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 362.56kcal (18.13%), Fat: 11.83g (18.2%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 13.84g (5.03%), Sugar: 5.5g (6.11%), Cholesterol: 108.86mg (36.29%), Sodium: 721.78mg (31.38%), Alcohol: 4.59g (100%), Alcohol %: 1.56% (100%), Protein: 39.83g (79.66%), Vitamin B3: 20.85mg (104.23%), Selenium: 62.02µg (88.61%), Vitamin B6: 1.53mg (76.61%), Phosphorus: 452.73mg (45.27%), Vitamin B5: 4.17mg (41.73%), Potassium: 1110.22mg (31.72%), Vitamin B2: 0.43mg (25.22%), Copper: 0.43mg (21.74%), Manganese: 0.38mg (19.2%), Magnesium: 69.28mg (17.32%), Vitamin C: 14.19mg (17.2%), Vitamin K: 15.42µg (14.68%), Vitamin B1: 0.2mg (13.32%), Zinc: 1.9mg (12.64%), Vitamin E: 1.7mg (11.35%), Iron: 1.78mg (9.89%), Fiber: 2.44g (9.78%), Folate: 35.76µg (8.94%), Vitamin A: 359.3IU (7.19%), Vitamin B12: 0.35µg (5.86%), Calcium: 40.44mg (4.04%), Vitamin D: 0.48µg (3.19%)