



Chicken and Shiitake Marsala

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



312 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 0.3 cup green onions divided finely chopped
- 0.5 cup marsala wine
- 0.3 teaspoon salt
- 7 ounce mushroom caps sliced
- 24 ounce chicken breast halves boneless skinless

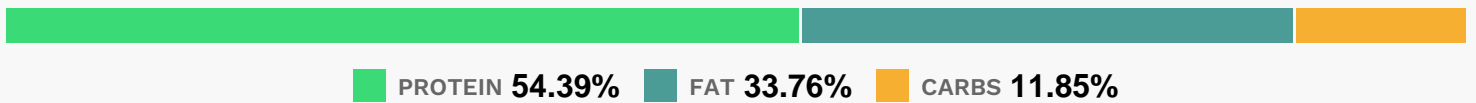
Equipment

- frying pan
- plastic wrap
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle chicken evenly with salt and pepper.
- Add chicken to pan. Cook 5 to 6 minutes on each side or until done.
- Remove chicken and drippings from pan; set aside, and keep warm.
- Heat pan over medium-high heat; coat pan with cooking spray.
- Add mushrooms. Coat mushrooms with cooking spray; cook 2 minutes or until tender, stirring frequently.
- Add wine and 3 tablespoons onions. Cook 30 seconds over high heat. Reduce heat; add butter, stirring until butter melts.
- Add chicken and drippings to pan, stirring gently.
- Place chicken on platter. Spoon mushroom sauce over chicken; sprinkle with remaining onions.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:20.711739177289%

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 Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.47mg,

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 311.95kcal (15.6%), Fat: 10.35g (15.92%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.69g (2.43%), Sugar: 3.71g (4.13%), Cholesterol: 123.91mg (41.3%), Sodium: 396.19mg (17.23%), Alcohol: 4.59g (100%), Alcohol %: 2.19% (100%), Protein: 37.51g (75.02%), Vitamin B3: 19.78mg (98.88%), Selenium: 57.54µg (82.19%), Vitamin B6: 1.42mg (71.25%), Phosphorus: 420.43mg (42.04%), Vitamin B5: 3.19mg (31.93%), Potassium: 834.15mg (23.83%), Vitamin K: 18.28µg (17.41%), Vitamin B2: 0.29mg (17.2%), Magnesium: 58.87mg (14.72%), Zinc: 1.56mg (10.39%), Manganese: 0.2mg (10.25%), Vitamin B1: 0.13mg (8.45%), Copper: 0.14mg (6.93%), Vitamin A: 309.73IU (6.19%), Fiber: 1.49g (5.95%), Vitamin B12: 0.35µg (5.87%), Iron: 1.04mg (5.79%), Folate: 18.82µg (4.7%), Vitamin C: 3.61mg (4.37%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.37µg (2.46%), Calcium: 20.22mg (2.02%)