

Chicken Marsala

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

READY IN



30 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp cornstarch
- 0.7 cup chicken broth fat-free reduced-sodium
- 1.5 cups mushrooms fresh sliced
- 2 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 2 cups rice white instant uncooked
- 0.3 cup marsala wine
- 1 Tbsp oil

- 1 small onion chopped
- 1 lb chicken breasts boneless skinless

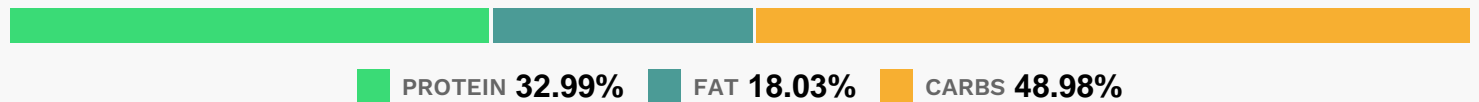
Equipment

- frying pan

Directions

- Cook chicken in hot oil in large skillet on medium heat until browned on both sides. Move chicken to side of skillet.
- Add mushrooms, onions and garlic to other side of skillet; cook and stir until mushrooms and onions are tender but not browned.
- Add wine; bring to boil.
- Mix broth and cornstarch until blended.
- Add to skillet. Bring to boil, stirring constantly; cover. Simmer on low heat 10 min. or until chicken is done (165F). Meanwhile, cook rice as directed on package.
- Serve chicken mixture over rice.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:22.51086974144%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 381.47kcal (19.07%), Fat: 7.07g (10.87%), Saturated Fat: 0.99g (6.22%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 41.62g (15.14%), Sugar: 3.11g (3.46%), Cholesterol: 72.57mg (24.19%), Sodium: 296.25mg (12.88%), Alcohol: 3.06g (100%), Alcohol %: 1.41% (100%), Protein: 29.1g (58.19%), Vitamin B3: 16.44mg (82.22%), Selenium: 56.82µg (81.17%), Vitamin B6: 0.98mg (48.83%), Vitamin B1: 0.52mg (34.49%), Folate: 135.52µg (33.88%), Phosphorus: 333.38mg (33.34%), Vitamin K: 34.01µg (32.39%), Manganese: 0.52mg (26.23%), Vitamin B5: 2.43mg (24.26%), Iron: 3.59mg (19.92%), Potassium: 614.56mg (17.56%), Vitamin B2: 0.29mg (17.01%), Copper: 0.25mg (12.51%), Magnesium: 43.87mg (10.97%), Zinc: 1.54mg (10.28%), Vitamin C: 6.17mg (7.48%), Fiber: 1.57g (6.28%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.32µg (5.28%), Vitamin A: 194.49IU (3.89%), Calcium: 27.37mg (2.74%), Vitamin D: 0.19µg (1.24%)