



Chicken Marsala

READY IN



30 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 4 ounces butter (1 stick)
- 1.5 pounds chicken breasts
- 1 cup flour all-purpose
- 4 servings grapeseed oil for cooking
- 4 servings herbs such as chives fresh grated for garnish, optional
- 0.8 cup marsala wine
- 0.5 cup thick mushrooms sliced
- 4 servings salt and pepper black freshly ground

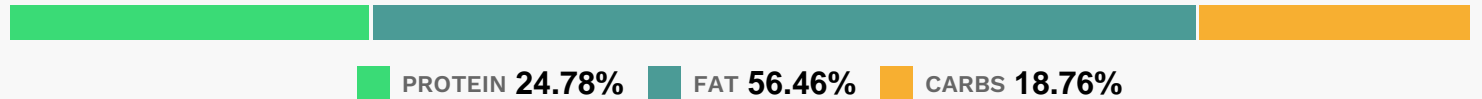
Equipment

- frying pan
- sauce pan

Directions

- To prepare the chicken, season the flour with salt and pepper. Slice the chicken breasts to 1/4-inch-thick medallions. Coat with the flour and tap off any excess.
- Next, in a saucepan over medium heat, add enough oil to coat the bottom of the pan and allow to warm. After warming, add the chicken and cook until browned, 2 to 3 minutes. Flip and repeat the process. After cooking all the chicken, hold warm covered on a plate.
- Add the marsala to the pan over medium-high heat. This will deglaze the pan. After deglazing, reduce the wine by three-fourths volume so 2 ounces remain. Then add the mushrooms. Stir the mushrooms, scraping the sides, then finish with the veal stock. Allow the stock to warm and thicken for 4 to 5 minutes, and then remove from the heat. Stir in the butter and finish by spooning over the cooked chicken.
- Garnish with fresh herbs or cheese if desired.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:17.37, Inflammation Score:-8, Nutrition Score:24.954348118409%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 717.84kcal (35.89%), Fat: 41.81g (64.33%), Saturated Fat: 16.96g (105.99%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 30.24g (10.99%), Sugar: 4.17g (4.63%), Cholesterol: 169.81mg (56.6%), Sodium: 503.78mg (21.9%), Alcohol: 6.89g (100%), Alcohol %: 2.41% (100%), Protein: 41.3g (82.59%), Vitamin B3: 20.67mg

(103.35%), Selenium: 67.38µg (96.26%), Vitamin B6: 1.34mg (66.87%), Phosphorus: 432.01mg (43.2%), Vitamin E: 5.06mg (33.71%), Vitamin B5: 2.79mg (27.92%), Vitamin B2: 0.45mg (26.28%), Vitamin B1: 0.39mg (26.27%), Potassium: 867.39mg (24.78%), Folate: 69.46µg (17.36%), Vitamin A: 865.53IU (17.31%), Manganese: 0.33mg (16.68%), Magnesium: 62.45mg (15.61%), Iron: 2.49mg (13.82%), Vitamin K: 10.94µg (10.42%), Zinc: 1.44mg (9.63%), Copper: 0.19mg (9.42%), Vitamin B12: 0.39µg (6.55%), Fiber: 1.02g (4.08%), Calcium: 32.74mg (3.27%), Vitamin C: 2.65mg (3.22%), Vitamin D: 0.19µg (1.29%)