



Chicken Marsala

READY IN



30 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 3 tablespoons butter
- 2 tablespoons capers in brine coarsely chopped
- 8 chicken cutlets
- 2 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 16 sage leaves fresh
- 0.8 cup plum brandy
- 1 tablespoon olive oil

8 large pancetta thin

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 350 F.

Place 2 sage leaves in the center of each piece of prosciutto, then wrap each cutlet in the prosciutto, as shown.

Put the flour on a plate and season with the pepper. Dredge the prepared cutlets in the flour.

Heat the oil and 1 tablespoon of the butter in a large skillet. Once the butter is foaming, add 4 of the cutlets, seam-side down. Cook over medium-high heat until golden brown, about 3 minutes per side.

Transfer to a baking dish.

Add another tablespoon of the butter to the pan and brown the remaining cutlets.

Transfer to the baking dish, then cook in oven for 8 minutes. Reduce pan heat to medium-low and add the Marsala. Stir constantly, scraping up the browned bits. Simmer for 3 minutes.

Add the capers and parsley. Stir in the remaining butter. Spoon the sauce over the chicken and serve with sauted spinach.

Nutrition Facts


PROTEIN 51.21% **FAT 41.92%** **CARBS 6.87%**

Properties

Glycemic Index:47.25, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:30.256521732911%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 649.95kcal (32.5%), Fat: 27.29g (41.99%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.57g (3.48%), Sugar: 3.56g (3.95%), Cholesterol: 250.74mg (83.58%), Sodium: 684.07mg (29.74%), Alcohol: 6.89g (100%), Alcohol %: 2.05% (100%), Protein: 75.01g (150.01%), Vitamin B3: 36.49mg (182.44%), Selenium: 113.7µg (162.43%), Vitamin B6: 2.6mg (129.8%), Phosphorus: 750.46mg (75.05%), Vitamin B5: 5mg (49.96%), Potassium: 1360.99mg (38.89%), Vitamin K: 38.54µg (36.71%), Copper: 0.64mg (32.2%), Magnesium: 99.28mg (24.82%), Vitamin B2: 0.39mg (23.07%), Vitamin B1: 0.3mg (20.24%), Zinc: 2.27mg (15.16%), Vitamin B12: 0.78µg (12.96%), Manganese: 0.25mg (12.5%), Vitamin A: 548.42IU (10.97%), Iron: 1.91mg (10.61%), Vitamin E: 1.52mg (10.15%), Vitamin C: 6.91mg (8.38%), Folate: 24.86µg (6.22%), Calcium: 33.26mg (3.33%), Vitamin D: 0.4µg (2.69%), Fiber: 0.5g (1.99%)