



Chicken Marsala

READY IN



40 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken stock see
- 8 ounces porcini mushrooms stemmed halved
- 0.3 cup flat-leaf parsley chopped
- 4 servings flour all-purpose for dredging
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup marsala wine sweet
- 0.3 cup olive oil extra-virgin
- 4 ounces pancetta thinly sliced
- 1.5 pounds chicken breasts boneless skinless

2 tablespoon butter unsalted

Equipment

frying pan

plastic wrap

cutting board

meat tenderizer

Directions

Watch how to make this recipe.

Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.

Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once do this in batches if the pieces don't fit comfortably in the pan.

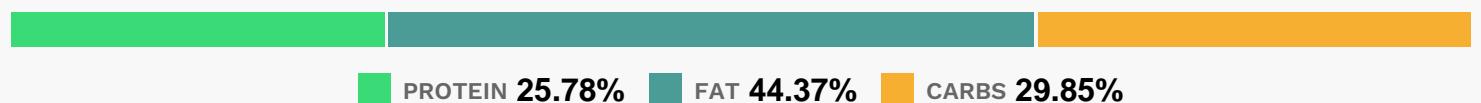
Remove the chicken to a large platter in a single layer to keep warm.

Lower the heat to medium and add the prosciutto to the drippings in the pan, saute for 1 minute to render out some of the fat. Now, add the mushrooms and saute until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper.

Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol.

Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:43.789130283439%

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: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 737.19kcal (36.86%), Fat: 35.86g (55.17%), Saturated Fat: 10.43g (65.22%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 47.42g (17.24%), Sugar: 4.12g (4.58%), Cholesterol: 143.52mg (47.84%), Sodium: 441.27mg (19.19%), Alcohol: 4.59g (100%), Alcohol %: 1.68% (100%), Protein: 46.89g (93.79%), Copper: 3.03mg (151.74%), Vitamin B5: 15.05mg (150.53%), Vitamin B3: 27.91mg (139.55%), Selenium: 89.7µg (128.14%), Vitamin B6: 1.92mg (96.1%), Vitamin K: 70.7µg (67.34%), Phosphorus: 587.64mg (58.76%), Vitamin B2: 0.99mg (58.08%), Potassium: 1646.3mg (47.04%), Manganese: 0.8mg (40.06%), Zinc: 5.83mg (38.85%), Magnesium: 130.21mg (32.55%), Folate: 120.38µg (30.09%), Vitamin B1: 0.44mg (29.04%), Fiber: 6.87g (27.49%), Vitamin D: 2.6µg (17.33%), Vitamin E: 2.59mg (17.29%), Iron: 2.52mg (14.02%), Vitamin A: 553.8IU (11.08%), Vitamin C: 9.07mg (11%), Vitamin B12: 0.49µg (8.23%), Calcium: 28.02mg (2.8%)