



Chicken Marsala

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 3 oz mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped

- ☐ 0.5 cup chicken broth dry (from 32-oz carton)
- ☐ 1 serving noodles hot cooked

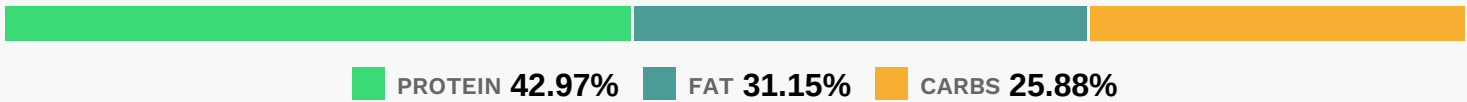
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Between sheets of plastic wrap or waxed paper, flatten each chicken breast to 1/4-inch thickness. In shallow dish, mix flour, salt and pepper. Coat chicken with flour mixture; shake off excess flour.
- ☐ In 10-inch skillet, heat oil over medium-high heat. Cook garlic, mushrooms and parsley in oil 5 minutes, stirring frequently.
- ☐ Add chicken to skillet. Cook about 8 minutes, turning once, until brown.
- ☐ Add wine. Cook 8 to 10 minutes or until chicken is no longer pink in center (at least 165°F).
- ☐ Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:11.93, Inflammation Score:-6, Nutrition Score:20.736521482468%

Flavonoids

Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 325.71kcal (16.29%), Fat: 11.05g (17%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 19.17g (6.97%), Sugar: 0.84g (0.93%), Cholesterol: 91.31mg (30.44%), Sodium: 427.68mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.62%), Selenium: 58.8µg (84%), Vitamin B3: 16.79mg (83.95%), Vitamin B6: 1.13mg (56.71%), Phosphorus: 355.64mg (35.56%), Vitamin K: 34.31µg (32.67%), Vitamin B5:

2.46mg (24.6%), Vitamin B2: 0.37mg (21.48%), Manganese: 0.41mg (20.72%), Potassium: 673.06mg (19.23%),
Vitamin B1: 0.25mg (16.48%), Magnesium: 53.17mg (13.29%), Iron: 2.03mg (11.29%), Folate: 42.24µg (10.56%),
Copper: 0.17mg (8.62%), Zinc: 1.28mg (8.5%), Vitamin E: 1mg (6.69%), Fiber: 1.5g (5.99%), Vitamin C: 4.57mg
(5.54%), Vitamin B12: 0.3µg (4.96%), Calcium: 33.9mg (3.39%), Vitamin A: 74.23IU (1.48%), Vitamin D: 0.18µg (1.23%)