



## Chicken Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black divided
- 4 tablespoons butter divided
- 4 cups cooked fettuccine hot cooked uncooked ( 8 ounces pasta)
- 0.8 cup fat-skimmed beef broth fat-free
- 3 tablespoons flour all-purpose
- 1 tablespoon garlic fresh minced
- 2 tablespoons half and half
- 0.5 cup plum brandy dry
- 8 ounce mushrooms

- 0.5 cup peas green frozen
- 0.3 teaspoon salt divided
- 2 tablespoons shallots finely chopped
- 24 ounce chicken breast halves boneless skinless

## Equipment

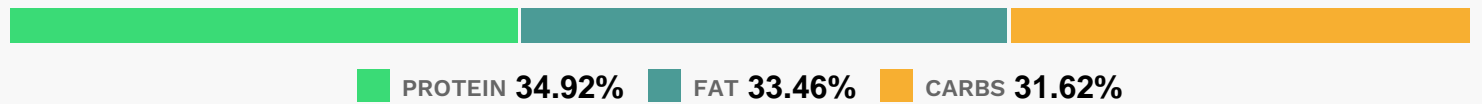
- bowl
- frying pan
- sieve
- plastic wrap
- microwave
- rolling pin
- measuring cup
- meat tenderizer

## Directions

- Place 3 tablespoons butter in a small glass measuring cup. Microwave butter at MEDIUM-HIGH 45 seconds or until melted.
- Let stand 1 minute. Skim foam from surface, and discard. (
- Mixture will appear separated.)
- Pour melted butter through a fine sieve over a small bowl, and discard the milk solids. Set the clarified butter aside.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat; add mushrooms, shallots, and garlic. Cook 3 minutes or until moisture evaporates; remove mushroom mixture from pan. Set aside.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to a 1/4-inch thickness using a meat mallet or rolling pin.
- Sprinkle both sides of chicken with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- Place flour in a shallow dish; dredge chicken breast halves in flour.
- Add clarified butter to pan, and place over medium-high heat.

- Add chicken; cook 3 minutes on each side or until lightly browned.
- Remove chicken from pan. Return mushroom mixture to pan; add broth and Marsala, scraping pan to loosen browned bits. Bring mixture to a boil, reduce heat, and simmer 5 minutes or until reduced to 1 cup. Stir in peas; cook 1 minute.
- Add 1 tablespoon butter, half-and-half, 1/8 teaspoon salt, and 1/8 teaspoon pepper, stirring until butter melts. Return chicken to pan; cook until thoroughly heated.
- Serve chicken and sauce over pasta.

## Nutrition Facts



### Properties

Glycemic Index:85.83, Glycemic Load:16.96, Inflammation Score:-7, Nutrition Score:26.972608918729%

### 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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

### Nutrients (% of daily need)

Calories: 550.48kcal (27.52%), Fat: 19.17g (29.49%), Saturated Fat: 9.17g (57.33%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 37.53g (13.65%), Sugar: 5.71g (6.34%), Cholesterol: 171.46mg (57.15%), Sodium: 624mg (27.13%), Alcohol: 4.59g (100%), Alcohol %: 1.28% (100%), Protein: 45.01g (90.02%), Selenium: 88.37µg (126.24%), Vitamin B3: 21.25mg (106.26%), Vitamin B6: 1.47mg (73.3%), Phosphorus: 534.02mg (53.4%), Vitamin B5: 3.71mg (37.13%), Vitamin B2: 0.51mg (29.85%), Manganese: 0.59mg (29.71%), Potassium: 979.09mg (27.97%), Magnesium: 84.1mg (21.03%), Copper: 0.4mg (20.08%), Vitamin B1: 0.3mg (19.77%), Zinc: 2.33mg (15.54%), Vitamin C: 11.57mg (14.03%), Fiber: 3.22g (12.89%), Iron: 2.3mg (12.8%), Folate: 48.58µg (12.14%), Vitamin A: 588.79IU (11.78%), Vitamin B12: 0.58µg (9.65%), Vitamin K: 6.21µg (5.91%), Vitamin E: 0.88mg (5.86%), Calcium: 49.54mg (4.95%), Vitamin D: 0.39µg (2.58%)