



## Chicken Marsala

READY IN



50 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 1 cup flour all-purpose
- 1.5 teaspoons sage fresh finely chopped
- 0.7 cup cup heavy whipping cream
- 1 teaspoon juice of lemon fresh
- 14 fl. oz. chicken broth reduced-sodium
- 10 oz mushrooms trimmed thinly sliced
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon salt

- 2 tablespoons shallots finely chopped
- 4 chicken breast halves boneless skinless (2 lb total)
- 5 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- plastic wrap
- wax paper
- rolling pin
- meat tenderizer

## Directions

- Put oven rack in middle position and preheat oven to 200°F.
- Bring broth to a boil in a 2-quart saucepan over high heat, then boil, uncovered, until reduced to about 3/4 cup, about 20 minutes.
- Cook shallot in 3 tablespoons butter in an 8- to 10-inch heavy skillet over moderate heat, stirring, until shallot begins to turn golden, about 1 minute.
- Add mushrooms, 1 teaspoon sage, salt, and pepper and cook, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms begin to brown, 6 to 8 minutes.
- Remove from heat.
- Put flour in a wide shallow bowl. Gently pound chicken to 1/4 inch thick between 2 sheets of plastic wrap using the flat side of a meat pounder or a rolling pin.
- Pat chicken dry and season with salt and pepper, then dredge in flour, 1 piece at a time, shaking off excess.
- Transfer to sheets of wax paper, arranging chicken in 1 layer.

- Heat 1 tablespoon each of oil and butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté half of chicken, turning over once, until golden and just cooked through, about 4 minutes total.
- Transfer cooked chicken to a large heatproof platter, arranging in 1 layer, then put platter in oven to keep warm. Wipe out skillet with paper towels and cook remaining chicken in same manner, then transfer to oven, arranging in 1 layer.
- Add 1/2 cup wine to skillet and boil over high heat, stirring and scraping up brown bits, about 30 seconds.
- Add reduced broth, cream, and mushrooms, then simmer, stirring occasionally, until sauce is slightly thickened, 6 to 8 minutes.
- Add lemon juice and remaining 2 tablespoons wine and 1/2 teaspoon sage.
- Serve chicken with sauce.

## Nutrition Facts

**PROTEIN 21.69%** **FAT 58.79%** **CARBS 19.52%**

### Properties

Glycemic Index:42.25, Glycemic Load:17.98, Inflammation Score:-7, Nutrition Score:27.0317390898%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 602.07kcal (30.1%), Fat: 39.66g (61.01%), Saturated Fat: 20.01g (125.07%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 27.84g (10.13%), Sugar: 3.22g (3.57%), Cholesterol: 154.77mg (51.59%), Sodium: 325.08mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.84%), Copper: 2.64mg (131.99%), Vitamin B3: 17.65mg (88.26%), Selenium: 54.77µg (78.25%), Vitamin B6: 0.98mg (48.83%), Phosphorus: 393.73mg (39.37%), Vitamin B2: 0.67mg (39.18%), Vitamin B5: 2.95mg (29.46%), Vitamin B1: 0.39mg (25.96%), Potassium: 829.92mg (23.71%), Vitamin A: 1054.94IU (21.1%), Folate: 77.83µg (19.46%), Manganese: 0.36mg (18.11%), Iron: 2.67mg (14.86%), Vitamin E: 2.02mg (13.49%), Magnesium: 49.31mg (12.33%), Zinc: 1.49mg (9.95%), Vitamin D: 1.15µg (7.68%), Vitamin B12: 0.45µg (7.52%), Fiber: 1.79g (7.14%), Vitamin K: 7.17µg (6.83%), Calcium: 54.26mg (5.43%), Vitamin C: 3.97mg (4.81%)