



Chicken Marsala

READY IN



30 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 4 chicken breast halves boneless skinless
- 0.3 cup flour all-purpose for coating
- 0.3 teaspoon pepper black
- 1 cup mushrooms sliced
- 4 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 0.3 cup cooking sherry

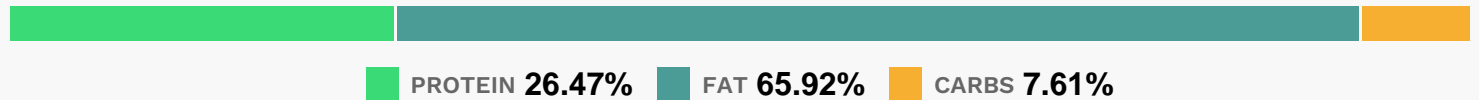
Equipment

- bowl
- frying pan

Directions

- In a shallow dish or bowl, mix together the flour, salt, pepper and oregano. Coat chicken pieces in flour mixture.
- In a large skillet, melt butter in oil over medium heat.
- Place chicken in the pan, and lightly brown. Turn over chicken pieces, and add mushrooms.
- Pour in wine and sherry. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:14.969130262085%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 399.95kcal (20%), Fat: 28.45g (43.77%), Saturated Fat: 9.8g (61.24%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.81g (2.47%), Sugar: 0.66g (0.73%), Cholesterol: 102.42mg (34.14%), Sodium: 514.26mg (22.36%), Alcohol: 1.54g (100%), Alcohol %: 1.04% (100%), Protein: 25.7g (51.41%), Vitamin B3: 13.15mg (65.74%), Selenium: 41.21µg (58.88%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 273.01mg (27.3%), Vitamin B5: 2.03mg (20.3%), Vitamin E: 2.61mg (17.4%), Vitamin B2: 0.26mg (15.1%), Potassium: 521.8mg (14.91%), Vitamin K: 11.48µg (10.93%), Vitamin B1: 0.16mg (10.34%), Magnesium: 35.94mg (8.98%), Vitamin A: 388.7IU (7.77%), Manganese: 0.13mg (6.41%), Iron: 1.13mg (6.27%), Copper: 0.12mg (6.11%), Folate: 24.08µg (6.02%), Zinc: 0.87mg (5.83%), Vitamin B12: 0.26µg

(4.32%), Fiber: 0.59g (2.36%), Vitamin C: 1.87mg (2.26%), Calcium: 17.12mg (1.71%), Vitamin D: 0.16µg (1.07%)