

Chicken Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided
- 1.5 lb skinned and boned chicken breasts
- 0.8 cup chicken broth
- 0.3 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh coarsely chopped
- 0.5 cup plum brandy
- 8 ounces mushrooms assorted trimmed sliced
- 2 tablespoons olive oil
- 1 cup pecans divided

- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 shallots sliced

Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Melt 1 Tbsp. butter in a small nonstick skillet over medium-low heat; add 2/3 cup pecans, and cook, stirring often, 4 to 5 minutes or until toasted and fragrant.
- Process flour and remaining 1/3 cup pecans in a food processor until finely ground; place flour mixture in a large shallow bowl.
- Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet.
- Sprinkle chicken with salt and pepper; lightly dredge in flour mixture.
- Melt remaining 2 Tbsp. butter with olive oil in a large nonstick skillet over medium-high heat; add chicken, and cook 2 to 3 minutes on each side or until golden brown and done.
- Remove chicken from skillet.
- Add mushrooms and shallots to skillet; saut 3 minutes or until mushrooms are tender.
- Add broth and Marsala to skillet, stirring to loosen particles from bottom of skillet. Bring mixture to a boil, reduce heat to medium, and cook, stirring occasionally, 5 minutes or until sauce is slightly thickened. Return chicken to skillet, and cook 1 to 2 minutes or until thoroughly heated.
- Transfer chicken to a serving platter; spoon mushroom-Marsala mixture over chicken, and sprinkle with parsley and toasted pecans.

Nutrition Facts

PROTEIN 27.72% FAT 58.92% CARBS 13.36%

Properties

Glycemic Index:65.25, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:32.535652165828%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 3.15mg, Delphinidin: 3.15mg, Delphinidin: 3.15mg, Delphinidin: 3.15mg 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: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg, Catechin: 4.93mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 631.38kcal (31.57%), Fat: 39.98g (61.51%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 16.34g (5.94%), Sugar: 5.78g (6.42%), Cholesterol: 132.32mg (44.11%), Sodium: 1019.2mg (44.31%), Alcohol: 4.59g (100%), Alcohol %: 1.56% (100%), Protein: 42.32g (84.64%), Vitamin B3: 20.96mg (104.82%), Selenium: 64.87µg (92.67%), Manganese: 1.48mg (74.07%), Vitamin B6: 1.44mg (72.12%), Vitamin K: 68.28µg (65.03%), Phosphorus: 509.75mg (50.98%), Vitamin B5: 3.63mg (36.33%), Vitamin B2: 0.53mg (30.97%), Copper: 0.61mg (30.44%), Potassium: 1036.62mg (29.62%), Vitamin B1: 0.44mg (29.51%), Magnesium: 92.89mg (23.22%), Zinc: 2.74mg (18.3%), Fiber: 4.05g (16.2%), Iron: 2.64mg (14.67%), Vitamin E: 2.02mg (13.48%), Vitamin A: 647.33IU (12.95%), Folate: 51.81µg (12.95%), Vitamin C: 9.52mg (11.54%), Vitamin B12: 0.39µg (6.49%), Calcium: 48.86mg (4.89%), Vitamin D: 0.28µg (1.89%)