

Chicken Marsala

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



650 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 heavy cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 14 fl. oz. chicken broth reduced-sodium
- ☐ 0.5 cup marsala wine dry
- ☐ 10 oz mushrooms trimmed thinly sliced

- ☐ 2 tablespoons olive oil 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

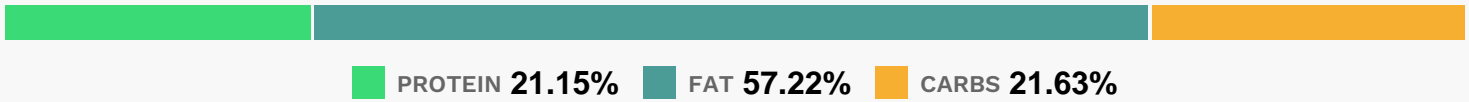
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ wax paper
- ☐ rolling pin
- ☐ meat tenderizer

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



Properties

Glycemic Index:42.25, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:27.275217387987%

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 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 Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 650.07kcal (32.5%), Fat: 39.66g (61.01%), Saturated Fat: 20.01g (125.07%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.95g (11.62%), Sugar: 5.55g (6.17%), Cholesterol: 154.77mg (51.59%), Sodium: 327.78mg (14.25%), Alcohol: 4.59g (100%), Alcohol %: 1.38% (100%), Protein: 32.98g (65.96%), Copper: 2.65mg (132.67%), Vitamin B3: 17.72mg (88.58%), Selenium: 54.92µg (78.46%), Vitamin B6: 0.98mg (48.83%), Phosphorus:

396.43mg (39.64%), Vitamin B2: 0.67mg (39.5%), Vitamin B5: 2.96mg (29.55%), Vitamin B1: 0.39mg (26.32%), Potassium: 857.52mg (24.5%), Vitamin A: 1054.94IU (21.1%), Manganese: 0.4mg (19.9%), Folate: 77.83µg (19.46%), Iron: 2.75mg (15.26%), Vitamin E: 2.02mg (13.49%), Magnesium: 52.01mg (13%), Zinc: 1.51mg (10.09%), Vitamin D: 1.15µg (7.68%), Vitamin B12: 0.45µg (7.52%), Fiber: 1.79g (7.14%), Vitamin K: 7.17µg (6.83%), Calcium: 56.66mg (5.67%), Vitamin C: 3.97mg (4.81%)