

Chicken Marsala



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 small chicken breasts with salt and pepper thin
- ☐ 1 cup chicken broth
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 0.5 cup plum brandy
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon oil

- ☐ 1 tablespoon parsley chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 medium shallots diced finely

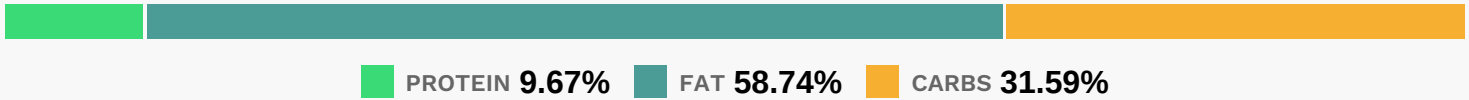
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan over medium-high heat, add the chicken and cook until browned, about 2-3 minutes per side and set aside.
- ☐ Add the butter and mushrooms and saute until browned on both sides, about 7-8 minutes.
- ☐ Add the shallot and saute for 1 minute.
- ☐ Add the garlic and saute for half a minute.
- ☐ Add the marsala, deglaze the pan, add the chicken broth and lemon juice, bring to a boil and let simmer until reduced by half, about 5-7 minutes. Season with salt and pepper, mix in the butter and return the chicken to the pan and cook for 2-3 minutes.
- ☐ Mix in the parsley and remove from heat.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:5.9678261513295%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg
Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 127.66kcal (6.38%), Fat: 6.69g (10.29%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.26g (2.64%), Sugar: 4.41g (4.9%), Cholesterol: 8.7mg (2.9%), Sodium: 828.88mg (36.04%), Alcohol: 4.59g (100%), Alcohol %: 3.43% (100%), Protein: 2.48g (4.96%), Vitamin K: 19.2µg (18.29%), Vitamin B2: 0.27mg (16.08%), Vitamin B3: 2.28mg (11.39%), Copper: 0.21mg (10.67%), Vitamin B5: 0.9mg (9.04%), Selenium: 5.88µg (8.41%), Vitamin C: 6.16mg (7.46%), Potassium: 256.59mg (7.33%), Manganese: 0.12mg (6.21%), Phosphorus: 60.73mg (6.07%), Vitamin E: 0.74mg (4.96%), Vitamin B1: 0.07mg (4.78%), Vitamin B6: 0.09mg (4.71%), Folate: 14.91µg (3.73%), Vitamin A: 173.65IU (3.47%), Fiber: 0.84g (3.35%), Iron: 0.56mg (3.1%), Magnesium: 10.93mg (2.73%), Zinc: 0.41mg (2.73%), Calcium: 13.15mg (1.32%)