

Chicken Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups angel hair hot cooked uncooked (4 ounces pasta)
- 1 teaspoon cornstarch
- 0.5 teaspoon tarragon dried
- 0.1 teaspoon garlic powder
- 0.3 cup italian-seasoned breadcrumbs
- 0.5 cup marsala wine dry
- 2 teaspoons olive oil
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon salt

16 ounce chicken breast halves boneless skinless

Equipment

frying pan

whisk

microwave

Directions

Combine first 4 ingredients in a 1-cup glass measure, stirring with a whisk until blended.

Combine breadcrumbs, cheese, and garlic powder in a shallow dish; stir well with a whisk. Dredge chicken in breadcrumb mixture.

Heat oil in a large nonstick skillet over medium-high heat.

Add chicken; cook 4 minutes on each side or until done.

Microwave wine mixture at high 30 seconds or until slightly thick, stirring once. Arrange chicken over pasta; top with sauce.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:11.33, Inflammation Score:-5, Nutrition Score:17.109130649463%

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 Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 376.28kcal (18.81%), Fat: 6.63g (10.21%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 36.61g (13.31%), Sugar: 3.77g (4.19%), Cholesterol: 74.82mg (24.94%), Sodium: 353.41mg (15.37%), Alcohol: 4.59g (100%), Alcohol %: 3% (100%), Protein: 30.9g (61.8%), Selenium: 62.91µg (89.87%), Vitamin B3: 13.02mg (65.08%), Vitamin B6: 0.93mg (46.25%), Phosphorus: 342.07mg (34.21%), Manganese: 0.49mg (24.69%),

Vitamin B5: 1.84mg (18.43%), Potassium: 561.44mg (16.04%), Magnesium: 57.34mg (14.34%), Vitamin B1: 0.19mg (12.37%), Vitamin B2: 0.18mg (10.85%), Zinc: 1.44mg (9.57%), Copper: 0.17mg (8.71%), Iron: 1.46mg (8.11%), Fiber: 1.6g (6.4%), Calcium: 54.69mg (5.47%), Folate: 21.09µg (5.27%), Vitamin B12: 0.29µg (4.78%), Vitamin K: 4.96µg (4.72%), Vitamin E: 0.58mg (3.85%), Vitamin C: 1.69mg (2.05%), Vitamin A: 80.62IU (1.61%)