



Chicken Marsala Florentine

READY IN



35 min.

SERVINGS



4

CALORIES



596 kcal

Ingredients

- ☐ 0.8 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 3 cups portabello mushrooms sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup pkt spinach fresh packed
- ☐ 0.8 cup sun-dried tomatoes

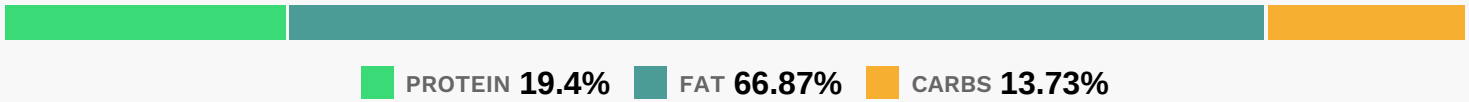
Equipment

- ☐ frying pan
- ☐ wax paper
- ☐ meat tenderizer

Directions

- ☐ Place chicken breasts between two pieces of wax paper, and pound to 1/4 inch thick with a meat mallet. Dust chicken with flour, salt , pepper and oregano.
- ☐ In a skillet, fry chicken in olive oil over medium heat. Cook until done, turning to cook evenly. Set aside, and keep warm.
- ☐ In the same pan, melt the butter over medium heat; add mushrooms, sun-dried tomatoes, and Marsala wine. Cook for approximately 10 minutes, stirring occasionally.
- ☐ Mix in spinach, and cook for about 2 minutes.
- ☐ Serve over chicken.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:7.05, Inflammation Score:-9, Nutrition Score:26.830434923587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 595.89kcal (29.79%), Fat: 45.43g (69.89%), Saturated Fat: 23.64g (147.78%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 16.79g (6.11%), Sugar: 9.48g (10.53%), Cholesterol: 163.83mg (54.61%), Sodium: 629.99mg (27.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.3%), Vitamin B3: 17.12mg (85.58%), Selenium: 52.46µg (74.94%), Vitamin B6: 1.04mg (51.77%), Potassium: 1415.68mg (40.45%), Phosphorus: 402.73mg (40.27%), Vitamin K: 42.2µg (40.19%), Vitamin A: 1650.7IU (33.01%), Manganese: 0.59mg (29.6%), Vitamin B5:

2.87mg (28.71%), Copper: 0.53mg (26.6%), Vitamin B2: 0.36mg (21.44%), Magnesium: 78.31mg (19.58%), Iron: 3.47mg (19.26%), Vitamin B1: 0.29mg (19.19%), Vitamin E: 2.53mg (16.89%), Fiber: 4.2g (16.8%), Folate: 62.42µg (15.6%), Vitamin C: 10.52mg (12.76%), Zinc: 1.55mg (10.36%), Calcium: 65.52mg (6.55%), Vitamin B12: 0.33µg (5.51%), Vitamin D: 0.31µg (2.04%)