



Chicken Marsala from Birds Eye®

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 2 tablespoons butter divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound chicken breasts boneless skinless thin

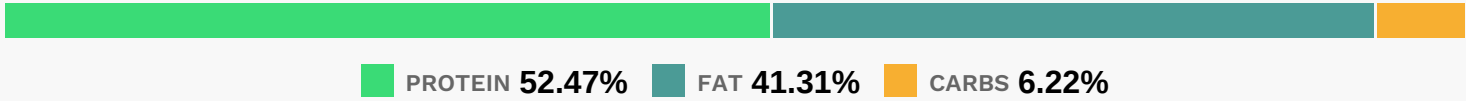
Equipment

- ☐ frying pan

Directions

- ☐ Melt 2 tablespoons butter over medium-high heat and cook chicken, turning once, 6 minutes or until golden brown.
- ☐ Remove chicken; set aside.
- ☐ In same skillet add Recipe Ready Marsala Blend, and cook over medium-high heat, stirring occasionally, 6 minutes or until liquid is almost absorbed.
- ☐ Sprinkle with flour and cook, stirring constantly, 1 minute. Stir in wine and broth; bring to a boil.
- ☐ Reduce heat to low and add back chicken. Simmer 4 minutes or until sauce is thickened and chicken is thoroughly cooked.* Season, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:11.520434844105%

Nutrients (% of daily need)

Calories: 194.3kcal (9.72%), Fat: 8.64g (13.3%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.01g (0.01%), Cholesterol: 72.57mg (24.19%), Sodium: 253.43mg (11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Vitamin B3: 12.17mg (60.84%), Selenium: 37.66µg (53.81%), Vitamin B6: 0.85mg (42.66%), Phosphorus: 245.75mg (24.57%), Vitamin B5: 1.64mg (16.41%), Potassium: 434.63mg (12.42%), Vitamin B2: 0.14mg (8.1%), Magnesium: 30.82mg (7.7%), Vitamin B1: 0.1mg (6.87%), Vitamin A: 284.41IU (5.69%), Zinc: 0.68mg (4.56%), Vitamin B12: 0.24µg (4.07%), Iron: 0.62mg (3.44%), Folate: 11.77µg (2.94%), Vitamin E: 0.43mg (2.9%), Manganese: 0.04mg (2.2%), Copper: 0.04mg (1.8%), Vitamin C: 1.37mg (1.67%)