



## Chicken Marsala Over White Rice

READY IN



55 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 1 pound chicken cutlets boneless skinless
- ☐ 0.5 cup chicken stock see
- ☐ 1 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch oregano dried to taste

- ☐ 4 servings salt to taste
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set rice aside.
- ☐ In a large bowl, whisk the flour with salt, black pepper, and oregano. Gently press the chicken breasts into the flour mixture to coat, and shake off the excess flour.
- ☐ Heat the olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Arrange the chicken in the skillet and cook until the chicken is no longer pink inside and golden brown outside, 5 to 8 minutes per side.
- ☐ Drain the cooked chicken on a paper towel-lined plate.
- ☐ Melt the remaining 1 tablespoon butter in the same skillet over medium heat while scraping up any brown bits with a spoon. Stir in the garlic; cook and stir until fragrant.
- ☐ Add the mushrooms, and cook and stir until they are tender and have released their liquid, about 10 minutes. Season with salt and black pepper, then stir in the Marsala wine and chicken stock.
- ☐ Transfer the chicken back to the skillet, and spoon sauce over chicken pieces. Increase heat to medium-high, and bring to a boil. Cover, reduce heat to medium-low, and simmer until the the sauce is thickened, about 5 minutes more.
- ☐ Serve the chicken and sauce over the cooked rice.

## Nutrition Facts



 **PROTEIN 25.8%**  **FAT 23.74%**  **CARBS 50.46%**

Properties

Glycemic Index:71.3, Glycemic Load:39.77, Inflammation Score:-5, Nutrition Score:20.85086948457%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 510.48kcal (25.52%), Fat: 13.18g (20.27%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 63g (21%), Net Carbohydrates: 61.26g (22.28%), Sugar: 1.1g (1.22%), Cholesterol: 88.52mg (29.51%), Sodium: 423.52mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.44%), Selenium: 56.94µg (81.34%), Vitamin B3: 15.76mg (78.82%), Vitamin B6: 0.99mg (49.61%), Manganese: 0.77mg (38.58%), Phosphorus: 356.84mg (35.68%), Vitamin B5: 2.59mg (25.95%), Vitamin B1: 0.38mg (25.48%), Vitamin B2: 0.42mg (24.47%), Folate: 71.31µg (17.83%), Potassium: 620.42mg (17.73%), Copper: 0.29mg (14.63%), Iron: 2.48mg (13.76%), Magnesium: 53.03mg (13.26%), Zinc: 1.58mg (10.51%), Fiber: 1.74g (6.95%), Vitamin E: 0.97mg (6.46%), Vitamin A: 210.89IU (4.22%), Vitamin B12: 0.25µg (4.14%), Calcium: 32.51mg (3.25%), Vitamin K: 3.36µg (3.2%), Vitamin C: 2.16mg (2.62%), Vitamin D: 0.16µg (1.08%)