



Chicken Marsala Ravioli Filling

READY IN



16 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bay leaves
- ☐ 2 tablespoons bread crumbs
- ☐ 8 ounces chicken breast cut in strips
- ☐ 0.3 cup chicken broth
- ☐ 1 eggs
- ☐ 1 garlic clove chopped
- ☐ 0.3 cup heavy cream
- ☐ 4 tablespoons olive oil divided
- ☐ 2 tablespoons parmesan cheese divided grated

- ☐ 4 slices pancetta sliced thin
- ☐ 4 servings salt and pepper
- ☐ 1 shallots chopped
- ☐ 4 servings thyme and parsley leaves fresh

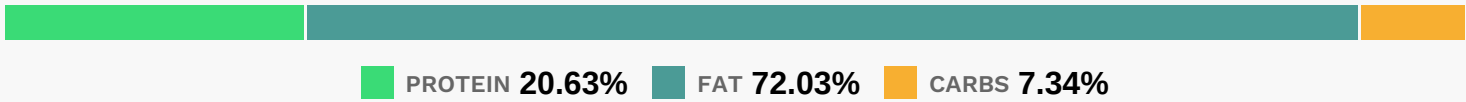
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ stove

Directions

- ☐ Brown chicken in 2 tablespoons of olive oil over medium-high heat.
- ☐ Add shallot and garlic. Deglaze with Marsala. Take pan away from heat source and flambe. Return pan to stove, flame will go out in about 1 minute.
- ☐ Add prosciutto and herbs.
- ☐ Sprinkle in bread crumbs and 1 tablespoon Parmesan.
- ☐ Drizzle in 1 tablespoon of olive oil to keep moist. Discard bay leaves. Pulse together all ingredients in a food processor.
- ☐ Add egg, cream, remaining Parmesan and olive oil. Pulse again. Chill before filling ravioli.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:10.418260957884%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg 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: 325.43kcal (16.27%), Fat: 26.04g (40.06%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.36g (1.95%), Sugar: 1.37g (1.52%), Cholesterol: 101.29mg (33.76%), Sodium: 464.57mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.56%), Selenium: 25.64µg (36.63%), Vitamin B3: 6.66mg (33.31%), Vitamin B6: 0.51mg (25.71%), Phosphorus: 193.25mg (19.33%), Vitamin E: 2.43mg (16.19%), Vitamin B5: 1.13mg (11.26%), Vitamin B2: 0.19mg (10.93%), Vitamin K: 9.49µg (9.03%), Potassium: 300.36mg (8.58%), Vitamin B1: 0.12mg (8.26%), Vitamin A: 371.86IU (7.44%), Calcium: 67.36mg (6.74%), Magnesium: 24.68mg (6.17%), Iron: 1.11mg (6.15%), Manganese: 0.12mg (6.12%), Vitamin B12: 0.33µg (5.43%), Zinc: 0.81mg (5.39%), Folate: 16.34µg (4.08%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.56µg (3.73%), Copper: 0.06mg (2.89%), Fiber: 0.61g (2.43%)