



Chicken Marsala with Mushrooms

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings chardonnay for serving
- 4 pound meat from a rotisserie chicken organic free range cut into 10 pieces (and , if possible)
- 3 sprigs thyme leaves fresh
- 2 cloves garlic minced
- 0.5 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 1.5 cups chicken broth low-sodium
- 1 cup plum brandy dry

- 0.5 medium onion diced finely
- 2 tablespoons parsley fresh italian chopped
- 1 tablespoon tomato paste
- 4 tablespoons butter unsalted chilled cut into cubes
- 3 tablespoons vegetable oil
- 4 cups button mushrooms white sliced

Equipment

- frying pan
- paper towels
- oven
- roasting pan
- tongs

Directions

- Preheat the oven to 375 degrees F. Pat the chicken pieces dry with a paper towel and sprinkle all over with salt and pepper. Set a turkey roaster pan over 2 burners on medium heat and add the canola oil. Brown the chicken, skin-side down first, 3 to 4 minutes, then turn and brown on the other side, 2 to 3 minutes longer.
- Remove from the pan and set aside.
- Add a little more of the oil to the pan on high heat and add the mushrooms, garlic and onions. Season with salt and cook just long enough to get some color on the mushrooms, 2 to 3 minutes. Stir in the tomato paste and thyme and cook about 1 minute longer.
- Place the chicken pieces back into the pan skin-side up and spread them out evenly, pushing them down into the mushrooms and onions.
- Add the marsala, scraping up the brown bits from the bottom of the pan, and add the chicken broth.
- Place the whole pan in the oven and cook until the tops of the chicken are golden brown, 30 to 35 minutes.
- Use tongs to remove the chicken from the pan and transfer onto a serving platter and keep warm. Set the roasting pan back over the burner on high heat. Bring the contents to a boil and

cook the liquid until it is reduced and the flavors become concentrated, 3 to 4 minutes. Shut off the heat, add the butter cubes and stir gently to melt the butter evenly. This will thicken the marsala sauce and give it a rich flavor. Taste and season with salt and pepper.

Add a squeeze of the lemon juice and fold in the parsley.

Pour over the chicken and serve with Chardonnay.

Nutrition Facts

PROTEIN 24.37% **FAT 65.72%** **CARBS 9.91%**

Properties

Glycemic Index:64.5, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:27.672173976898%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 926.98kcal (46.35%), Fat: 55.28g (85.05%), Saturated Fat: 18.36g (114.74%), Carbohydrates: 18.76g (6.26%), Net Carbohydrates: 17.17g (6.24%), Sugar: 9.3g (10.33%), Cholesterol: 193.39mg (64.46%), Sodium: 231.7mg (10.07%), Alcohol: 24.91g (100%), Alcohol %: 4.79% (100%), Protein: 46.12g (92.24%), Vitamin B3: 19.97mg (99.86%), Selenium: 41.37µg (59.1%), Vitamin K: 56.5µg (53.81%), Vitamin B6: 0.99mg (49.74%), Phosphorus: 476.4mg (47.64%), Vitamin B2: 0.73mg (42.89%), Vitamin B5: 3.57mg (35.68%), Potassium: 1043.31mg (29.81%), Copper: 0.52mg (26.18%), Zinc: 3.77mg (25.17%), Manganese: 0.41mg (20.73%), Iron: 3.61mg (20.07%), Magnesium: 79.48mg (19.87%), Vitamin A: 920.97IU (18.42%), Vitamin B1: 0.24mg (16.14%), Vitamin C: 13.17mg (15.97%), Vitamin B12: 0.83µg (13.76%), Vitamin E: 2.02mg (13.46%), Folate: 38.56µg (9.64%), Calcium: 65.54mg (6.55%), Fiber: 1.6g (6.39%), Vitamin D: 0.84µg (5.58%)