



Chicken Marsala with Pancetta and Cream

 Popular

READY IN



40 min.

SERVINGS



3

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 ounces pancetta cut into 1/4 inch cubes (one 1/ slice)
- ☐ 0.5 cup onion diced finely (or shallots)
- ☐ 0.5 cup flour for dredging
- ☐ 1 pound pounded into cutlets boneless skinless thin
- ☐ 3 servings kosher salt
- ☐ 3 servings pepper black freshly ground
- ☐ 0.8 cup marsala wine dry

- ☐ 6 tablespoons heavy cream
- ☐ 1 leaf flat parsley fresh minced

Equipment

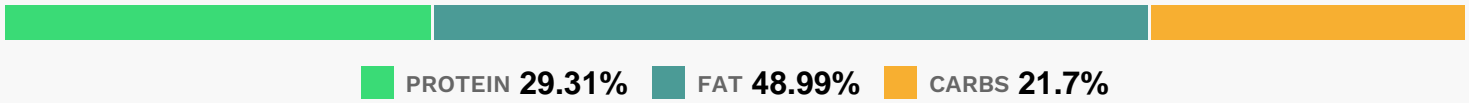
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat olive oil in a large skillet on medium high heat.
- ☐ Add the diced pancetta and cook until lightly browned and crisp. Use a slotted spoon to remove the pancetta, leaving the rendered fat in the pan.
- ☐ Add the onions or shallots and cook until translucent and lightly browned (5 to 10 minutes for onions, if using shallots lower the heat to medium and cook a minute or two).
- ☐ Remove the onions from the pan, leaving any remaining fat in the pan.
- ☐ Add the onions to the cooked pancetta and set aside.
- ☐ Prepare chicken for dredging: Put flour on a shallow plate for dredging. Pat the chicken cutlets dry and sprinkle both sides with salt and pepper.
- ☐ Heat the skillet on medium high heat. You should have about 2 tablespoons of fat in the pan from the pancetta, if not add more olive oil to the pan.
- ☐ Dredge and cook the chicken: When the fat in the pan is hot (test it to make sure by sprinkling a tiny bit of flour in the pan, it should sizzle), dredge a chicken cutlet in the flour on both sides, shake off the excess and place in the hot pan. Continue with as many cutlets as can fit in the pan without crowding.
- ☐ Sauté until just browned, on both sides. It should only take a minute or two. Cook all of the cutlets in the same way, adding more olive oil to the pan if necessary.
- ☐ Remove the cooked cutlets to a plate.
- ☐ Pour off any excess fat.
- ☐ Add the marsala to the hot pan to deglaze it, scraping up any browned bits.
- ☐ Let the marsala boil away until it reduces by a quarter or a half and stir in the cream.
- ☐ Let boil until the sauce thickens.

- ☐ Coat chicken cutlets in sauce: Return the chicken cutlets, the pancetta, and onions to the pan and turn to coat with the creamy Marsala sauce. Reheat for 1/2 a minute.
- ☐ Serve the cutlets with the sauce and a little freshly chopped parsley.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:12.07, Inflammation Score:-7, Nutrition Score:20.778260925542%

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 Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 581.84kcal (29.09%), Fat: 27.89g (42.91%), Saturated Fat: 11.89g (74.29%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.74g (9.72%), Sugar: 6.73g (7.48%), Cholesterol: 164.31mg (54.77%), Sodium: 429.44mg (18.67%), Alcohol: 9.18g (100%), Alcohol %: 3.71% (100%), Protein: 37.54g (75.09%), Vitamin B3: 16.42mg (82.08%), Phosphorus: 413.23mg (41.32%), Vitamin B6: 0.8mg (39.9%), Selenium: 25.81µg (36.87%), Vitamin B2: 0.6mg (35.37%), Vitamin B12: 1.72µg (28.58%), Zinc: 4.01mg (26.74%), Vitamin B1: 0.37mg (24.41%), Potassium: 740.5mg (21.16%), Vitamin B5: 1.95mg (19.45%), Folate: 66.08µg (16.52%), Manganese: 0.31mg (15.39%), Vitamin K: 15.47µg (14.73%), Magnesium: 56.67mg (14.17%), Iron: 2.53mg (14.04%), Copper: 0.24mg (12.2%), Vitamin E: 1.5mg (10.03%), Vitamin A: 477.15IU (9.54%), Calcium: 43.43mg (4.34%), Fiber: 1.05g (4.21%), Vitamin D: 0.56µg (3.7%), Vitamin C: 2.6mg (3.15%)