



Chicken Marsala with Portobello Mushrooms

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon browning sauce
- ☐ 0.8 cup butter divided
- ☐ 14.5 ounce beef broth canned
- ☐ 6 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 0.8 cup flour all-purpose divided
- ☐ 1 clove garlic chopped
- ☐ 6 servings kosher salt and ground pepper black to taste
- ☐ 4 portobello mushroom caps sliced
- ☐ 2 tablespoons vegetable oil divided

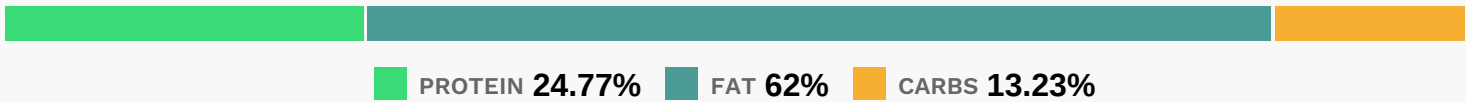
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt 1/2 cup butter and heat 1 tablespoon vegetable oil in a skillet over medium heat. Cook and stir the mushroom slices in the skillet until tender.
- ☐ Remove from heat, cover to keep warm, and set aside.
- ☐ Melt the remaining butter and heat the remaining oil in a saucepan over medium-high heat. Cook and stir the garlic until tender, then gradually whisk in the flour. Increase heat to high, and pour in the beef broth and Marsala wine. Season with kosher salt and pepper, and whisk in the browning sauce. Bring to a boil, and reduce heat to low.
- ☐ Mix in the mushrooms, reserving remaining butter and oil in the skillet. Cover saucepan, remove from heat, and set aside.
- ☐ Season chicken with salt and pepper, and dredge in the remaining flour. Over medium heat, reheat the remaining butter and oil in the skillet used to cook the mushrooms. Cook the chicken 2 minutes per side, until browned. Arrange the chicken in the bottom of a 9x13 inch baking dish, and cover with the sauce and mushroom mixture.
- ☐ Cover baking dish, and bake 25 minutes in the preheated oven, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:18.162174048631%

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: 452.33kcal (22.62%), Fat: 30.98g (47.66%), Saturated Fat: 16.05g (100.32%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.68g (4.97%), Sugar: 1.96g (2.18%), Cholesterol: 133.33mg (44.44%), Sodium: 578.85mg (25.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin B3: 15.78mg (78.88%), Selenium: 52.71µg (75.3%), Vitamin B6: 0.95mg (47.52%), Phosphorus: 331.29mg (33.13%), Vitamin B5: 2.37mg (23.66%), Potassium: 685.8mg (19.59%), Vitamin B2: 0.29mg (16.93%), Vitamin B1: 0.23mg (15.46%), Vitamin A: 743.58IU (14.87%), Folate: 51.05µg (12.76%), Copper: 0.22mg (10.8%), Vitamin K: 10.77µg (10.26%), Manganese: 0.19mg (9.51%), Magnesium: 35.05mg (8.76%), Vitamin E: 1.27mg (8.44%), Iron: 1.46mg (8.1%), Zinc: 1.09mg (7.29%), Vitamin B12: 0.35µg (5.84%), Fiber: 1.19g (4.74%), Calcium: 21.94mg (2.19%), Vitamin D: 0.28µg (1.87%), Vitamin C: 1.51mg (1.83%)