



Chicken Marsala with Sage

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings all purpose flour
- ☐ 6 tablespoons butter ()
- ☐ 1 tablespoon sage fresh chopped
- ☐ 4 servings sage leaves fresh
- ☐ 1 cup low-salt chicken broth canned
- ☐ 1 cup imported marsala dry
- ☐ 4 chicken breast halves boneless skinless halved

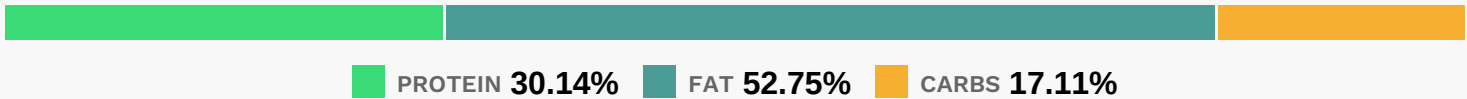
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle chicken with salt and pepper. Dust with flour; shake off excess. Melt 3 tablespoons butter in large skillet over medium-high heat.
- ☐ Add chopped sage; sauté 1 minute.
- ☐ Add half of chicken. Sauté until brown and cooked through, about 3 minutes per side.
- ☐ Transfer chicken to platter. Repeat with remaining butter and chicken. Tent chicken with foil.
- ☐ Add Marsala and broth to skillet; bring to boil, scraping up any browned bits. Boil until sauce is reduced to 1/2 cup, about 10 minutes. Season with salt and pepper; spoon over chicken.
- ☐ Garnish with sage leaves.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:18.112174137779%

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 Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 414.37kcal (20.72%), Fat: 20.46g (31.48%), Saturated Fat: 11.6g (72.47%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.61g (5.31%), Sugar: 4.78g (5.31%), Cholesterol: 117.47mg (39.16%), Sodium: 289.44mg (12.58%), Alcohol: 9.18g (100%), Alcohol %: 4.4% (100%), Protein: 26.31g (52.62%), Copper: 4.77mg (238.42%), Vitamin B3: 13.17mg (65.87%), Selenium: 39.21µg (56.02%), Vitamin B6: 0.86mg (42.81%), Phosphorus: 274.11mg (27.41%), Vitamin B5: 1.69mg (16.85%), Potassium: 543.67mg (15.53%), Manganese: 0.29mg (14.64%), Vitamin A: 558.69IU (11.17%), Vitamin B2: 0.19mg (11.03%), Magnesium: 40.06mg (10.01%), Vitamin B1: 0.15mg (9.84%), Iron: 1.21mg (6.73%), Zinc: 0.86mg (5.71%), Vitamin B12: 0.32µg (5.34%), Folate: 18.88µg (4.72%), Vitamin E: 0.71mg (4.71%), Calcium: 29.07mg (2.91%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.36mg (1.64%), Fiber: 0.31g (1.25%)