



Chicken Thighs with Marsala-Mushroom Cream Sauce Over Noodles

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black divided
- ☐ 4 ounces button mushrooms quartered
- ☐ 24 ounce chicken thighs
- ☐ 1.5 cups wide egg noodles hot cooked uncooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 4 teaspoons parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 3 tablespoons half-and-half
- ☐ 5 tablespoons marsala wine divided
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt divided
- ☐ 3 ounces shiitake mushroom caps fresh sliced
- ☐ 0.3 cup sun-dried tomatoes packed (12)

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine boiling water and the sun-dried tomatoes in a bowl; let stand 15 minutes.
- ☐ Drain and chop.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and saut 5 minutes, turning once.
- ☐ Remove chicken from pan.
- ☐ Reduce heat to medium-low.
- ☐ Add 1/4 teaspoon salt, 1/8 teaspoon pepper, and mushrooms; saut 2 minutes.
- ☐ Add thyme, garlic, and bay leaf; saut for 30 seconds. Return chicken to pan.
- ☐ Add sun-dried tomatoes, broth, and 1/4 cup wine. Cover, reduce heat, and simmer 25 minutes, turning chicken once.
- ☐ Add 1 tablespoon wine and half-and-half, and bring to a boil. Discard bay leaf.
- ☐ Sprinkle with parsley.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:8.67, Inflammation Score:-5, Nutrition Score:20.118260736051%

Flavonoids

Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 17.78mg, Malvidin: 17.78mg, Malvidin: 17.78mg, Malvidin: 17.78mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 551.58kcal (27.58%), Fat: 33.25g (51.15%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.75g (8.27%), Sugar: 5.86g (6.51%), Cholesterol: 188.03mg (62.68%), Sodium: 521.59mg (22.68%), Alcohol: 2.87g (100%), Alcohol %: 1.07% (100%), Protein: 33.24g (66.48%), Selenium: 51.36µg (73.38%), Vitamin B3: 10.78mg (53.91%), Phosphorus: 403.16mg (40.32%), Vitamin B6: 0.74mg (37.24%), Vitamin B5: 2.84mg (28.41%), Vitamin B2: 0.46mg (27.13%), Manganese: 0.47mg (23.56%), Potassium: 806.33mg (23.04%), Zinc: 3.1mg (20.67%), Vitamin B12: 1.21µg (20.22%), Copper: 0.38mg (19.1%), Magnesium: 68.83mg (17.21%), Iron: 2.64mg (14.67%), Vitamin B1: 0.22mg (14.45%), Vitamin K: 11.88µg (11.31%), Fiber: 2.48g (9.94%), Folate: 22.67µg (5.67%), Vitamin E: 0.79mg (5.27%), Vitamin A: 260.66IU (5.21%), Calcium: 48.76mg (4.88%), Vitamin C: 3.83mg (4.65%), Vitamin D: 0.37µg (2.48%)