



Chicken with Chanterelle Mushrooms and Marsala Wine

READY IN



45 min.

SERVINGS



2

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 0.5 pound chanterelles sliced
- 1 cup chicken broth
- 1 teaspoon tarragon dried crushed
- 3 tablespoons flour all-purpose
- 2 servings salt and ground pepper black to taste
- 0.5 teaspoon paprika
- 2 chicken breast halves boneless skinless

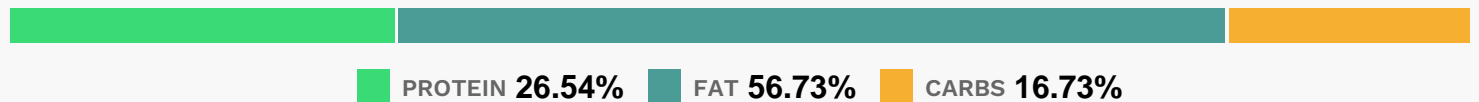
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Stir flour and paprika together in a shallow dish.
- Remove and set aside 1 tablespoon of the flour mixture for later use. Dredge the chicken in the flour mixture to coat evenly.
- Melt 2 tablespoons butter in a skillet over medium heat; cook and stir chanterelle mushrooms in melted butter until they release their liquid and begin to brown, about 5 minutes.
- Transfer mushrooms to a bowl and set aside.
- Melt 4 tablespoons butter in the skillet. Cook the chicken breasts in the melted butter until browned, about 3 minutes per side; season with salt and pepper.
- Return the cooked mushrooms to the skillet and stir in chicken broth, reserved 1 tablespoon of flour-paprika mixture, Marsala wine, and dried tarragon.
- Place a cover on the skillet, reduce heat to low, and cook until the sauce is thick, the chicken is no longer pink in the center, and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center of a chicken breast should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:121, Glycemic Load:6.55, Inflammation Score:-7, Nutrition Score:23.945652163547%

Nutrients (% of daily need)

Calories: 425.28kcal (21.26%), Fat: 26.73g (41.13%), Saturated Fat: 15.1g (94.35%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 12.85g (4.67%), Sugar: 1.92g (2.13%), Cholesterol: 134.87mg (44.96%), Sodium: 758.46mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Vitamin B3: 17.49mg (87.46%),

Selenium: 43.3µg (61.86%), Vitamin B6: 0.94mg (46.86%), Vitamin D: 6.12µg (40.82%), Phosphorus: 330.36mg (33.04%), Potassium: 1074.73mg (30.71%), Vitamin B2: 0.51mg (30.06%), Iron: 5.4mg (30.01%), Vitamin B5: 2.93mg (29.34%), Manganese: 0.57mg (28.62%), Copper: 0.48mg (23.81%), Vitamin A: 1024.79IU (20.5%), Fiber: 4.89g (19.55%), Vitamin B1: 0.21mg (13.87%), Magnesium: 52.86mg (13.22%), Zinc: 1.71mg (11.39%), Folate: 31.22µg (7.8%), Vitamin E: 1.06mg (7.1%), Vitamin B12: 0.3µg (4.95%), Calcium: 48.75mg (4.87%), Vitamin K: 2.79µg (2.65%), Vitamin C: 1.86mg (2.26%)