



Chicken with Mustard Mascarpone Marsala Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 1 pound cremini mushrooms sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 12 ounces fettuccine barilla dried
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup marsala wine dry
- ☐ 8 ounces mascarpone cheese
- ☐ 2 tablespoons olive oil

- ☐ 0.8 cup onion chopped
- ☐ 2 tablespoons parsley leaves fresh whole italian chopped for garnish
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1.5 pounds chicken breasts boneless skinless

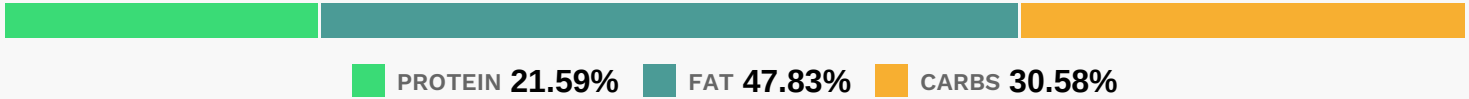
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the chicken with salt and pepper.
- ☐ Heat the oil in a heavy large skillet over high heat.
- ☐ Add the chicken and cook just until brown, about 4 minutes per side.
- ☐ Transfer the chicken to a plate and cool slightly.
- ☐ While the chicken cools, melt 2 tablespoons of butter to the same skillet over medium-high heat, then add the onion and saute until tender, about 2 minutes.
- ☐ Add the mushrooms and garlic and saute until the mushrooms are tender and the juices evaporate, about 12 minutes.
- ☐ Add the wine and simmer until it is reduced by half, about 4 minutes. Stir in the mascarpone and mustard.
- ☐ Cut the chicken breasts crosswise into 1/3-inch-thick slices. Return the chicken and any accumulated juices to the skillet. Simmer, uncovered, over medium-low heat until the chicken is just cooked through and the sauce thickens slightly, about 2 minutes. Stir in the chopped parsley. Season the sauce, to taste, with salt and pepper.
- ☐ Meanwhile, bring a large pot of salted water to a boil.
- ☐ Add the fettuccine and cook until al dente, stirring occasionally, about 8 minutes.
- ☐ Drain. Toss the fettuccine with 3 tablespoons of butter and season, to taste, with salt and pepper. Swirl the fettuccine onto serving plates. Spoon the chicken mixture over top.
- ☐ Garnish with parsley sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:17.66, Inflammation Score:-8, Nutrition Score:27.124782468962%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 738.38kcal (36.92%), Fat: 36.88g (56.74%), Saturated Fat: 18.57g (116.09%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 50.06g (18.2%), Sugar: 6.44g (7.16%), Cholesterol: 183.08mg (61.03%), Sodium: 304.5mg (13.24%), Alcohol: 6.12g (100%), Alcohol %: 2.1% (100%), Protein: 37.47g (74.94%), Selenium: 103.12µg (147.32%), Vitamin B3: 16.07mg (80.35%), Vitamin B6: 1.12mg (55.87%), Phosphorus: 488.11mg (48.81%), Manganese: 0.76mg (38.14%), Vitamin B5: 3.35mg (33.55%), Vitamin B2: 0.56mg (32.89%), Copper: 0.62mg (30.89%), Potassium: 992.36mg (28.35%), Vitamin K: 26.37µg (25.11%), Vitamin A: 1006.97IU (20.14%), Magnesium: 78.91mg (19.73%), Vitamin B1: 0.27mg (18.25%), Zinc: 2.73mg (18.19%), Iron: 2.18mg (12.13%), Fiber: 3.01g (12.02%), Folate: 46.5µg (11.63%), Calcium: 112.95mg (11.29%), Vitamin E: 1.41mg (9.4%), Vitamin B12: 0.49µg (8.11%), Vitamin C: 5.47mg (6.63%), Vitamin D: 0.36µg (2.39%)