



## Company Chicken Marsala

READY IN



55 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 0.5 cup chicken broth
- 2 pounds chicken cutlets thin
- 0.3 teaspoon basil dried
- 0.3 teaspoon rosemary dried
- 0.5 cup flour all-purpose
- 0.3 cup mushrooms fresh sliced
- 2 cloves garlic minced
- 1 teaspoon ground pepper black

- 1 teaspoon salt
- 1 small tomatoes diced

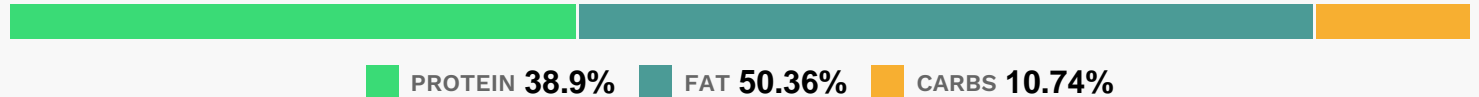
## Equipment

- frying pan

## Directions

- Season chicken cutlets with salt and black pepper.
- Pour flour into a shallow dish. Press chicken cutlets into flour to coat each side, shaking to remove any excess flour.
- Melt butter in a large skillet. Cook chicken in hot butter until browned, 3 to 5 minutes per side; remove from skillet and set aside.
- Mix chicken broth, Marsala wine, and garlic into the remaining butter in the skillet; reduce heat to low and cook until the liquid is hot, about 5 minutes. Stir mushrooms, tomato, rosemary, and basil into the liquid. Return chicken to the skillet.
- Place a cover on the skillet and cook until the chicken is no longer pink in the middle, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:17.603912996209%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 353.14kcal (17.66%), Fat: 19.46g (29.94%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.61g (0.68%), Cholesterol: 137.83mg (45.94%), Sodium: 758.69mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.65%), Vitamin B3: 16.68mg (83.42%), Selenium: 52.71µg (75.31%), Vitamin B6: 1.17mg (58.4%), Phosphorus: 343.34mg (34.33%), Vitamin B5: 2.31mg

(23.07%), Potassium: 636.96mg (18.2%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.19mg (12.99%), Vitamin A: 647.17IU (12.94%), Magnesium: 45.34mg (11.34%), Manganese: 0.19mg (9.31%), Folate: 28.86µg (7.22%), Zinc: 1.05mg (6.98%), Iron: 1.21mg (6.74%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.83mg (5.54%), Vitamin C: 4.29mg (5.2%), Copper: 0.09mg (4.45%), Vitamin K: 4.13µg (3.94%), Fiber: 0.63g (2.5%), Calcium: 20.6mg (2.06%), Vitamin D: 0.16µg (1.06%)