Company Chicken Marsala

READY IN	SERVINGS	CALORIES
55 min.	6	385 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

- [ ] 0.5 cup marsala wine
- [ ] 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

PROTEIN **37.74%** FAT **48.8%** CARBS **13.46%**

Properties

Glycemic Index:54.5, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:17.785651797834%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg 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: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 385.14kcal (19.26%), Fat: 19.46g (29.94%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.45g (4.16%), Sugar: 2.17g (2.41%), Cholesterol: 137.83mg (45.94%), Sodium: 760.49mg (33.06%), Alcohol: 3.06g (100%), Alcohol %: 1.6% (100%), Protein: 33.87g (67.73%), Vitamin B3: 16.73mg (83.63%), Selenium: 52.81µg (75.45%), Vitamin B6: 1.17mg (58.4%), Phosphorus: 345.14mg (34.51%), Vitamin B5: 2.31mg (23.14%), Potassium: 655.36mg (18.72%), Vitamin B2: 0.25mg (14.44%), Vitamin B1: 0.2mg (13.23%), Vitamin A: 647.17IU (12.94%), Magnesium: 47.14mg (11.79%), Manganese: 0.21mg (10.5%), Folate: 28.86µg (7.22%), Zinc: 1.06mg (7.07%), Iron: 1.26mg (7%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.83mg (5.54%), Vitamin C: 4.29mg (5.2%), Copper: 0.1mg (4.9%), Vitamin K: 4.13µg (3.94%), Fiber: 0.63g (2.5%), Calcium: 22.2mg (2.22%), Vitamin D: 0.16µg (1.06%)