



Easier Chicken Marsala

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.5 teaspoon garlic salt
- 0.3 teaspoon ground pepper black
- 0.5 cup marsala wine
- 1 tablespoon olive oil
- 0.5 teaspoon oregano dried

4 chicken breast halves boneless skinless

Equipment

bowl

frying pan

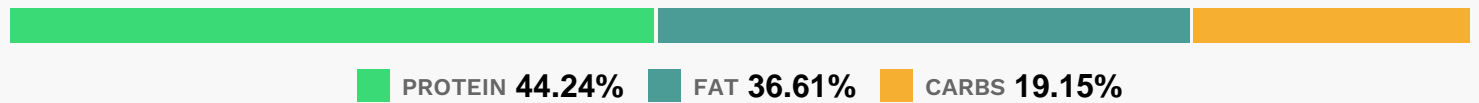
Directions

In a medium bowl, stir together the flour, garlic salt, pepper, and oregano. Dredge chicken in the mixture to lightly coat.

Heat olive oil and butter in a large skillet over medium heat. Fry the chicken in the skillet for 2 minutes, or until lightly browned on one side. Turn chicken over, and add mushrooms. Cook about 2 minutes, until other side of chicken is lightly browned. Stir mushrooms so that they cook evenly.

Pour Marsala wine over the chicken. Cover skillet, and reduce heat to low; simmer for 10 minutes, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:13.990434537763%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 267.55kcal (13.38%), Fat: 9.44g (14.52%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.52g (3.83%), Sugar: 2.84g (3.16%), Cholesterol: 79.85mg (26.61%), Sodium: 448.48mg (19.5%), Alcohol: 4.59g (100%), Alcohol %: 3.18% (100%), Protein: 25.66g (51.33%), Vitamin B3: 13.19mg (65.96%), Selenium: 41.24µg (58.92%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 270.48mg (27.05%), Vitamin B5: 2.02mg (20.21%), Potassium: 536.13mg (15.32%), Vitamin B2: 0.26mg (15.07%), Vitamin B1: 0.16mg (10.62%), Magnesium: 36.92mg

(9.23%), Manganese: 0.15mg (7.32%), Copper: 0.14mg (6.75%), Iron: 1.1mg (6.11%), Folate: 23.62µg (5.9%), Zinc: 0.87mg (5.79%), Vitamin E: 0.85mg (5.69%), Vitamin K: 4.36µg (4.15%), Vitamin B12: 0.24µg (4.03%), Vitamin A: 126.3IU (2.53%), Fiber: 0.59g (2.36%), Vitamin C: 1.87mg (2.26%), Calcium: 15.54mg (1.55%), Vitamin D: 0.16µg (1.07%)