



Easier Chicken Marsala

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



220 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
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 chicken breast halves boneless skinless

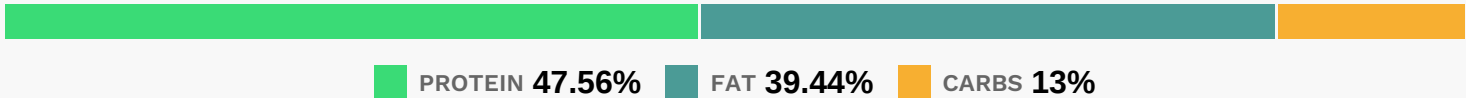
Equipment

- ☐ 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:-5, Nutrition Score:13.717826102091%

Nutrients (% of daily need)

Calories: 219.55kcal (10.98%), Fat: 9.44g (14.52%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.41g (2.33%), Sugar: 0.51g (0.57%), Cholesterol: 79.85mg (26.61%), Sodium: 445.78mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Vitamin B3: 13.13mg (65.64%), Selenium: 41.09µg (58.71%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 267.79mg (26.78%), Vitamin B5: 2.01mg (20.12%), Vitamin B2: 0.25mg (14.75%), Potassium: 508.53mg (14.53%), Vitamin B1: 0.15mg (10.26%), Magnesium: 34.22mg (8.56%), Copper: 0.12mg (6.08%), Folate: 23.62µg (5.9%), Iron: 1.03mg (5.71%), Vitamin E: 0.85mg (5.69%), Zinc: 0.85mg (5.65%), Manganese: 0.11mg (5.53%), 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: 13.14mg (1.31%), Vitamin D: 0.16µg (1.07%)