



Easy Chicken Marsala

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mushrooms fresh sliced
- 0.3 cup green onion chopped
- 0.3 cup heavy cream
- 0.3 cup marsala wine
- 0.1 cup milk
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

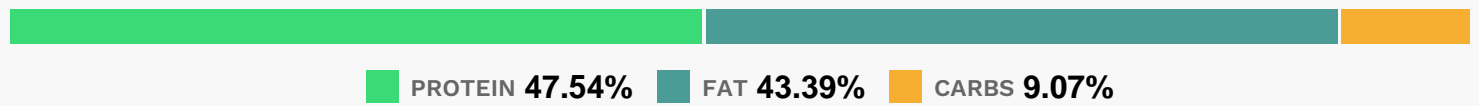
Equipment

frying pan

Directions

- Saute chicken in a large skillet for 15 to 20 minutes, or until cooked through and juices run clear.
- Add green onion and mushrooms and saute until soft, then add Marsala wine and bring to a boil.
- Boil for 2 to 4 minutes, seasoning with salt and pepper to taste. Stir in cream and milk and simmer until heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:14.146956531898%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 240.11kcal (12.01%), Fat: 10.42g (16.04%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.12g (3.47%), Cholesterol: 95.65mg (31.88%), Sodium: 337.12mg (14.66%), Alcohol: 3.06g (100%), Alcohol %: 2.03% (100%), Protein: 25.7g (51.4%), Vitamin B3: 12.75mg (63.74%), Selenium: 39.27µg (56.1%), Vitamin B6: 0.89mg (44.34%), Phosphorus: 281.26mg (28.13%), Vitamin B5: 2.06mg (20.6%), Potassium: 560.39mg (16.01%), Vitamin B2: 0.27mg (15.64%), Vitamin K: 13.82µg (13.16%), Magnesium: 36.9mg (9.22%), Vitamin A: 400.11IU (8%), Vitamin B1: 0.11mg (7.14%), Copper: 0.12mg (6.17%), Zinc: 0.9mg (5.99%), Vitamin B12: 0.31µg (5.14%), Iron: 0.7mg (3.89%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.56µg (3.75%), Calcium: 35.06mg (3.51%), Folate: 13.39µg (3.35%), Manganese: 0.06mg (3.15%), Vitamin E: 0.44mg (2.92%), Fiber: 0.4g (1.61%)