



Easy Chicken Marsala

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

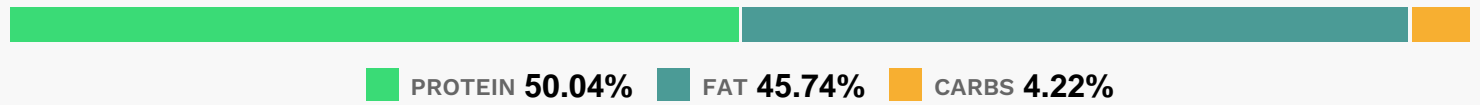
Equipment

- 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:-4, Nutrition Score:13.964782574902%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 208.11kcal (10.41%), Fat: 10.42g (16.04%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.57g (1.74%), Cholesterol: 95.65mg (31.88%), Sodium: 335.32mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Vitamin B3: 12.71mg (63.53%), Selenium: 39.17µg (55.96%), Vitamin B6: 0.89mg (44.34%), Phosphorus: 279.46mg (27.95%), Vitamin B5: 2.05mg (20.53%), Potassium: 541.99mg (15.49%), Vitamin B2: 0.26mg (15.43%), Vitamin K: 13.82µg (13.16%), Magnesium: 35.1mg (8.77%), Vitamin A: 400.11IU (8%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.88mg (5.89%), Copper: 0.11mg (5.72%), Vitamin B12: 0.31µg (5.14%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.56µg (3.75%), Iron: 0.65mg (3.62%), Calcium: 33.46mg (3.35%), Folate: 13.39µg (3.35%), Vitamin E: 0.44mg (2.92%), Manganese: 0.04mg (1.96%), Fiber: 0.4g (1.61%)