



Grilled Chicken with Marsala-Currant Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup currants dried
- ☐ 4.3 cups chicken broth fat-free divided
- ☐ 2 cups leek thinly sliced
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1.5 cups marsala wine dry divided
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup shallots chopped
- ☐ 1 cup shiitake mushroom caps sliced
- ☐ 0.3 cup evaporated skimmed milk
- ☐ 24 ounce skinned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine 1/4 cup wine, mushrooms, and currants in a small saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 3 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Heat 1/4 cup broth in a medium nonstick skillet over medium-high heat.
- ☐ Add leek and shallots; saut 10 minutes.
- ☐ Add remaining wine and remaining broth; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Combine milk and cornstarch in a small bowl; stir until blended.
- ☐ Add milk mixture and mushroom mixture to skillet; bring to a boil, and cook 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in lemon juice and salt; set aside, and keep warm.
- ☐ Prepare grill or broiler.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray, and cook 6 minutes on each side or until chicken is done. Spoon cream sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:19.1699999868973%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 300.31kcal (15.02%), Fat: 3.53g (5.43%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.91g (7.97%), Sugar: 12.78g (14.2%), Cholesterol: 72.88mg (24.29%), Sodium: 861.55mg (37.46%), Alcohol: 9.18g (100%), Alcohol %: 2.65% (100%), Protein: 27.4g (54.81%), Vitamin B3: 14.58mg (72.9%), Selenium: 43.07µg (61.53%), Vitamin B6: 1.14mg (57.16%), Phosphorus: 342.61mg (34.26%), Vitamin B5: 2.53mg (25.31%), Potassium: 820.89mg (23.45%), Manganese: 0.42mg (21.1%), Vitamin B2: 0.27mg (16.15%), Magnesium: 59.9mg (14.98%), Vitamin K: 14.53µg (13.83%), Vitamin A: 554.58IU (11.09%), Iron: 1.92mg (10.66%), Copper: 0.21mg (10.66%), Vitamin B12: 0.61µg (10.13%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.38g (9.51%), Folate: 37.62µg (9.4%), Zinc: 1.3mg (8.69%), Vitamin C: 6.94mg (8.41%), Calcium: 61.28mg (6.13%), Vitamin E: 0.5mg (3.36%), Vitamin D: 0.38µg (2.51%)