



Marsala Cream Chicken with Asparagus

READY IN



50 min.

SERVINGS



4

CALORIES



1066 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup bite-sized pieces asparagus fresh
- ☐ 1 cup baby portabella mushrooms sliced
- ☐ 1 tablespoon butter softened
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons heavy whipping cream
- ☐ 1 cup marsala wine
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce penne pasta

- ☐ 3 pound rotisserie chicken cut cut into bite-size pieces
- ☐ 1 shallots minced
- ☐ 0.3 cup sun-dried tomatoes chopped

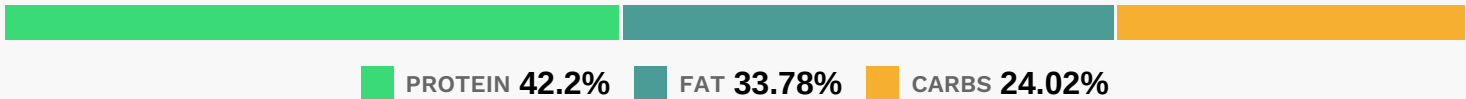
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook penne pasta at a boil until cooked through yet firm to the bite, about 11 minutes; drain.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat. Cook and stir shallot in melted butter until fragrant, about 5 minutes. Stir mushrooms, asparagus, and sun-dried tomatoes into shallot and butter mixture; cook and stir until asparagus begins to soften, about 10 minutes more.
- ☐ Pour chicken broth and Marsala wine into the skillet; bring to a boil, reduce heat to medium-low, and stir chicken and cream into mixture.
- ☐ Mix softened butter and flour into a paste in a bowl; stir into chicken mixture. Cook, stirring continually, until the flour is cooked and the liquid thickens, 1 to 2 minutes; ladle over the cooked penne pasta and top with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:19.4, Inflammation Score:-6, Nutrition Score:15.291304448377%

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 Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 1065.99kcal (53.3%), Fat: 37.77g (58.1%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 56.53g (20.55%), Sugar: 11.08g (12.31%), Cholesterol: 353.44mg (117.81%), Sodium: 1552.9mg (67.52%), Alcohol: 9.18g (100%), Alcohol %: 1.92% (100%), Protein: 106.15g (212.3%), Selenium: 44.79µg (63.98%), Manganese: 0.85mg (42.47%), Phosphorus: 232.79mg (23.28%), Copper: 0.43mg (21.7%), Potassium: 619.87mg (17.71%), Vitamin K: 17.72µg (16.87%), Vitamin B3: 3.27mg (16.37%), Fiber: 3.89g (15.57%), Magnesium: 58.84mg (14.71%), Vitamin B2: 0.24mg (14.28%), Iron: 2.53mg (14.07%), Vitamin B1: 0.19mg (12.91%), Vitamin A: 621.67IU (12.43%), Folate: 44.81µg (11.2%), Zinc: 1.65mg (11.02%), Calcium: 101.41mg (10.14%), Vitamin B6: 0.2mg (9.86%), Vitamin B5: 0.83mg (8.28%), Vitamin C: 5.14mg (6.23%), Vitamin E: 0.69mg (4.6%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.28µg (1.84%)