



Marsala-Style Chicken

READY IN



33 min.

SERVINGS



4

CALORIES



311 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon butter light
- ☐ 0.3 cup marsala wine dry

- ☐ 8 ounce pre- mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breast halves boneless skinless

Equipment

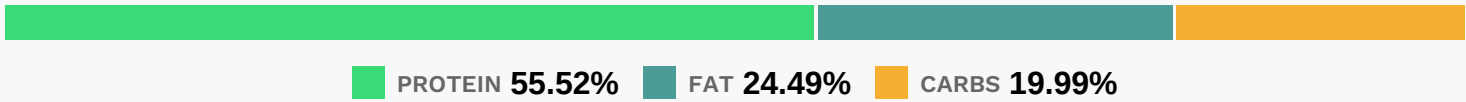
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Cut into 2-inch pieces.
- ☐ Combine flour, salt, and pepper in a large zip-top plastic bag.
- ☐ Add chicken; seal and shake to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 to 5 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Combine broth and next 6 ingredients in a small bowl.
- ☐ Coat pan with cooking spray.
- ☐ Add mushrooms; saut 3 minutes or until tender.
- ☐ Add broth mixture; bring to a boil. Cook over medium-high heat 4 minutes or until thick, stirring constantly. Stir in butter. Spoon over chicken.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:6.24, Inflammation Score:-8, Nutrition Score:22.70217381353%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 310.97kcal (15.55%), Fat: 7.74g (11.9%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.12g (4.77%), Sugar: 2.85g (3.16%), Cholesterol: 112.57mg (37.52%), Sodium: 814.45mg (35.41%), Alcohol: 3.06g (100%), Alcohol %: 1.25% (100%), Protein: 39.47g (78.93%), Vitamin B3: 20.72mg (103.6%), Selenium: 64.39µg (91.99%), Vitamin B6: 1.35mg (67.64%), Phosphorus: 427.83mg (42.78%), Vitamin B5: 3.39mg (33.9%), Vitamin B2: 0.47mg (27.71%), Potassium: 872.7mg (24.93%), Vitamin K: 17.75µg (16.9%), Vitamin B1: 0.25mg (16.43%), Magnesium: 56.67mg (14.17%), Copper: 0.27mg (13.46%), Iron: 1.82mg (10.1%), Folate: 38.55µg (9.64%), Manganese: 0.19mg (9.51%), Zinc: 1.42mg (9.5%), Vitamin C: 7.13mg (8.65%), Vitamin B12: 0.45µg (7.54%), Vitamin A: 243.04IU (4.86%), Fiber: 1.09g (4.34%), Vitamin E: 0.55mg (3.65%), Calcium: 23.33mg (2.33%), Vitamin D: 0.32µg (2.12%)