



Merwin's Chicken Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 1 cup chicken broth
- 2 eggs beaten
- 1 cup flour all-purpose for coating
- 2.5 cups mushrooms fresh sliced
- 2 tablespoons parsley fresh chopped
- 4 servings pepper black to taste
- 2 teaspoons juice of lemon fresh
- 1 teaspoon goat meat

- 2 tablespoons oregano dried
- 4 servings salt to taste
- 1.5 pounds chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

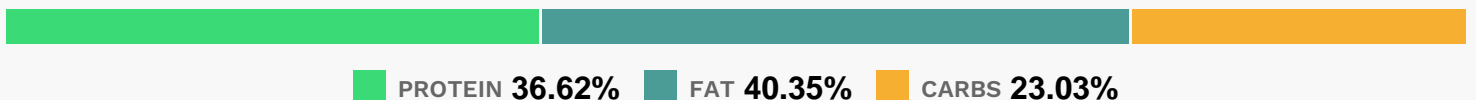
Equipment

- frying pan
- oven

Directions

- With a mallet, pound chicken breasts thin.
- Cut into serving size pieces. Dip in flour. Dip in egg.
- Melt 2 tablespoons butter or margarine and 1 tablespoon oil in a wide skillet.
- Saute chicken until light brown. Do not crowd pan, and add more oil if necessary to keep chicken from sticking.
- Place chicken on a serving platter, and keep in a warm oven.
- Saute sliced mushrooms in oil and butter remaining in pan until released juices have evaporated and mushrooms begin to brown.
- Add chicken broth, Marsala wine, oregano, parsley, and meat extract. Stir well. Cook over high heat until liquid is reduced by half.
- Remove pan from heat. Swirl in 2 tablespoons butter or margarine and lemon juice. Season with salt and pepper.
- Pour sauce over chicken, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:17.76, Inflammation Score:-10, Nutrition Score:30.129565467005%

Flavonoids

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.83kcal (24.79%), Fat: 22.05g (33.92%), Saturated Fat: 9.5g (59.4%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 25.71g (9.35%), Sugar: 1.8g (2%), Cholesterol: 222.77mg (74.26%), Sodium: 737.17mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.03g (90.05%), Selenium: 78.25µg (111.79%), Vitamin B3: 22.18mg (110.89%), Vitamin B6: 1.43mg (71.33%), Vitamin K: 56.24µg (53.56%), Phosphorus: 499.63mg (49.96%), Vitamin B2: 0.72mg (42.5%), Vitamin B5: 3.87mg (38.7%), Vitamin B1: 0.43mg (28.82%), Potassium: 948.98mg (27.11%), Folate: 94.48µg (23.62%), Manganese: 0.44mg (22.09%), Iron: 3.87mg (21.5%), Magnesium: 68.4mg (17.1%), Copper: 0.33mg (16.37%), Vitamin A: 732.94IU (14.66%), Zinc: 1.95mg (13.02%), Vitamin E: 1.68mg (11.23%), Fiber: 2.61g (10.42%), Vitamin B12: 0.6µg (9.97%), Vitamin C: 7mg (8.49%), Calcium: 76.48mg (7.65%), Vitamin D: 0.73µg (4.88%)