



Mushroom-Marsala Chicken

READY IN



45 min.

SERVINGS



2

CALORIES



309 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon cornstarch
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup italian-seasoned breadcrumbs
- 1 tablespoon butter light
- 0.3 cup plum brandy dry
- 8 ounce mushrooms sliced
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 tablespoons shallots minced

8 ounce chicken breast halves boneless skinless

Equipment

frying pan

plastic wrap

rolling pin

meat tenderizer

Directions

Combine chicken broth and cornstarch, stirring well; set aside.

Place chicken between 2 pieces of heavy-duty plastic wrap; pound to 1/2-inch thickness, using a meat mallet or rolling pin. Coat with cooking spray; sprinkle with salt and pepper.

Sprinkle 2 tablespoons breadcrumbs evenly over each chicken breast half; coat with cooking spray.

Place a large nonstick skillet over medium heat until hot; add chicken. Cook 3 minutes on each side or until done.

Remove chicken from pan; cover and keep warm.

Heat same skillet, coated with cooking spray, over medium-high heat.

Add mushrooms and shallots; cook 4 to 5 minutes or until tender, stirring occasionally.

Add wine; cook 1 minute.

Add chicken broth mixture; cook 2 to 3 minutes or until sauce is thickened.

Remove from heat; add butter, stirring until butter melts.

Nutrition Facts



PROTEIN 43.83% **FAT 26.18%** **CARBS 29.99%**

Properties

Glycemic Index:47, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:21.818260576414%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 308.51kcal (15.43%), Fat: 8.12g (12.49%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 18.65g (6.78%), Sugar: 6.31g (7.02%), Cholesterol: 80.14mg (26.71%), Sodium: 866.96mg (37.69%), Alcohol: 4.59g (100%), Alcohol %: 1.67% (100%), Protein: 30.57g (61.15%), Vitamin B3: 17.25mg (86.25%), Selenium: 52.17µg (74.53%), Vitamin B6: 1.04mg (51.84%), Vitamin B2: 0.66mg (38.6%), Phosphorus: 380.06mg (38.01%), Vitamin B5: 3.52mg (35.17%), Potassium: 901.24mg (25.75%), Copper: 0.47mg (23.25%), Vitamin B1: 0.32mg (21.66%), Manganese: 0.32mg (16.11%), Magnesium: 52.77mg (13.19%), Iron: 2.1mg (11.69%), Folate: 45.74µg (11.44%), Zinc: 1.56mg (10.38%), Fiber: 2.26g (9.04%), Vitamin K: 7.95µg (7.57%), Vitamin B12: 0.45µg (7.45%), Vitamin C: 4.95mg (6%), Calcium: 49.41mg (4.94%), Vitamin A: 183.6IU (3.67%), Vitamin D: 0.41µg (2.73%), Vitamin E: 0.38mg (2.55%)