

# **Quick Chicken Marsala**

**Gluten Free** 



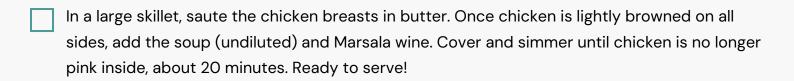
## **Ingredients**

	1 tablespoon butter	
	10.8 ounce cream of mushroom soup	cannec
	6 chicken breast boneless skinless	

## **Equipment**

frying pan

### **Directions**



### **Nutrition Facts**

protein 61.88% 📗 fat 31.91% 📙 carbs 6.21%

### **Properties**

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.042173928541%

### Nutrients (% of daily need)

Calories: 176.53kcal (8.83%), Fat: 6.04g (9.29%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.54g (0.92%), Sugar: Og (0%), Cholesterol: 79.88mg (26.63%), Sodium: 506.2mg (22.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.69%), Vitamin B3: 12.24mg (61.22%), Selenium: 36.18µg (51.69%), Vitamin B6: 0.87mg (43.34%), Phosphorus: 252.59mg (25.26%), Vitamin B5: 1.71mg (17.09%), Potassium: 482.66mg (13.79%), Vitamin B2: 0.14mg (8.49%), Manganese: 0.17mg (8.47%), Magnesium: 32.98mg (8.25%), Zinc: 1.22mg (8.11%), Copper: 0.13mg (6.6%), Vitamin B1: 0.08mg (5.51%), Vitamin B12: 0.31µg (5.19%), Iron: 0.77mg (4.3%), Folate: 8.15µg (2.04%), Vitamin A: 92.21IU (1.84%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.36mg (1.64%)