

Quick Chicken Marsala

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- frying pan

Directions

- In a large skillet, saute the chicken breasts in butter. Once chicken is lightly browned on all sides, add the soup (undiluted) and Marsala wine. Cover and simmer until chicken is no longer pink inside, about 20 minutes. Ready to serve!

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: 0g (0%), Cholesterol: 79.88mg (26.63%), Sodium: 506.2mg (22.01%), Alcohol: 0g (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%)