



Slow-Cooker Chicken Marsala



Gluten Free



Dairy Free



Popular

READY IN



325 min.

SERVINGS



8

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cloves garlic finely chopped



1 tablespoon vegetable oil



8 chicken breast boneless skinless



0.5 teaspoon salt



0.5 teaspoon pepper



12 oz mushrooms drained sliced



1 cup chicken broth sweet (from 32-oz carton)



0.5 cup water

- ☐ 0.3 cup cornstarch
- ☐ 3 tablespoons parsley fresh chopped

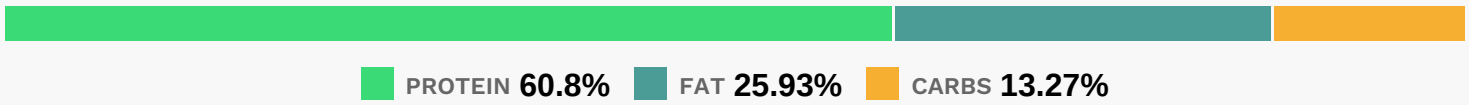
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 4- to 5-quart slow cooker with cooking spray. In cooker, place garlic and oil.
- ☐ Sprinkle chicken with salt and pepper; place in cooker over garlic.
- ☐ Place mushrooms over chicken; pour wine over all.
- ☐ Cover; cook on Low heat setting 5 to 6 hours.
- ☐ Remove chicken from cooker; place on plate and cover to keep warm. In small bowl, mix water and cornstarch until smooth; stir into liquid in cooker. Increase heat setting to High; cover and cook about 10 minutes or until sauce is slightly thickened. Return chicken to cooker.
- ☐ To serve, spoon mushroom mixture over chicken breasts; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:15.014347827953%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 4.85g (7.47%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.99g (1.1%), Cholesterol: 72.91mg (24.3%), Sodium: 389.62mg (16.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Vitamin B3: 13.41mg (67.06%), Selenium: 40.46µg (57.8%), Vitamin B6: 0.9mg (45.08%), Phosphorus: 277.78mg (27.78%), Vitamin K: 28.17µg (26.83%),

Vitamin B5: 2.26mg (22.62%), Vitamin B2: 0.3mg (17.87%), Potassium: 571.74mg (16.34%), Copper: 0.18mg (9.04%), Magnesium: 34.92mg (8.73%), Vitamin B1: 0.12mg (7.72%), Zinc: 0.93mg (6.18%), Vitamin C: 4.48mg (5.43%), Iron: 0.79mg (4.39%), Manganese: 0.08mg (4.19%), Vitamin B12: 0.25µg (4.15%), Folate: 14.07µg (3.52%), Vitamin A: 161.6IU (3.23%), Vitamin E: 0.38mg (2.55%), Fiber: 0.56g (2.23%), Vitamin D: 0.2µg (1.32%), Calcium: 12.7mg (1.27%)