



Slow Cooker Chicken Marsala

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 2 cloves garlic cloves minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup marsala wine
- ☐ 1 tablespoon olive oil
- ☐ 3 pounds chicken breast boneless skinless cut into 2-inch cubes

- ☐ 2 tablespoons water
- ☐ 12 ounces mushrooms white sliced

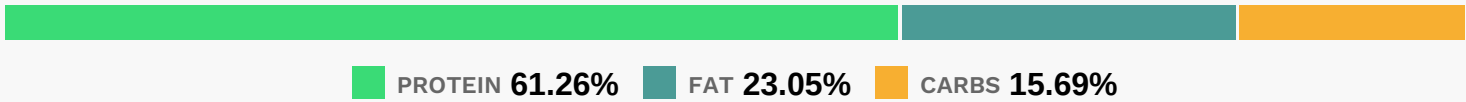
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ Stir olive oil and garlic into the bowl of a slow cooker.
- ☐ Mix flour, salt, and pepper in a bowl.
- ☐ Pour flour mixture into a large resealable plastic bag; add chicken to bag, seal, and shake to coat chicken with flour mixture.
- ☐ Pour coated chicken and sliced mushrooms into slow cooker.
- ☐ Heat Marsala wine in a small frying pan over medium-high heat until reduced, 2 to 3 minutes; pour into slow cooker and cover.
- ☐ Cook in slow cooker set to Low until sauce thickens and chicken is cooked through, 4 to 5 hours. If sauce is too thin, mix water and cornstarch together in a small bowl and pour slowly into chicken mixture. Cook in slow cooker set to High until thickened, 15 minutes. Adjust seasonings to taste, garnish with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.4, Inflammation Score:-6, Nutrition Score:24.690434953441%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin:

3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 8.47g (13.02%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 12.17g (4.43%), Sugar: 4.26g (4.74%), Cholesterol: 145.15mg (48.38%), Sodium: 270.6mg (11.77%), Alcohol: 6.12g (100%), Alcohol %: 2.29% (100%), Protein: 50.62g (101.23%), Vitamin B3: 26.11mg (130.56%), Selenium: 80µg (114.28%), Vitamin B6: 1.77mg (88.66%), Phosphorus: 536.51mg (53.65%), Vitamin B5: 4.13mg (41.26%), Potassium: 1070.92mg (30.6%), Vitamin B2: 0.49mg (28.8%), Magnesium: 69.66mg (17.42%), Vitamin B1: 0.24mg (16.12%), Copper: 0.27mg (13.69%), Vitamin K: 12.99µg (12.37%), Zinc: 1.7mg (11.31%), Manganese: 0.17mg (8.75%), Iron: 1.55mg (8.6%), Vitamin B12: 0.48µg (7.94%), Folate: 29.3µg (7.33%), Vitamin C: 5.11mg (6.2%), Vitamin E: 0.78mg (5.22%), Fiber: 0.79g (3.15%), Vitamin A: 124.84IU (2.5%), Vitamin D: 0.34µg (2.27%), Calcium: 20.4mg (2.04%)