



Stuffed Chicken Breasts with Marasala Cream Sauce

READY IN



51 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

Ingredients

- 1 cup baby spinach fresh chopped
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup breadcrumbs dry
- 1 large egg white
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.5 tablespoon juice of lemon fresh

- 0.5 cup milk 1% low-fat
- 0.5 cup marsala wine dry
- 8 ounce pre- mushrooms finely chopped
- 1 tablespoon olive oil divided
- 0.5 teaspoon salt divided
- 0.3 cup shallots minced (1 small)
- 24 ounce chicken breast halves boneless skinless
- 1.8 ounce cream sauce mix white (such as Knorr)

Equipment

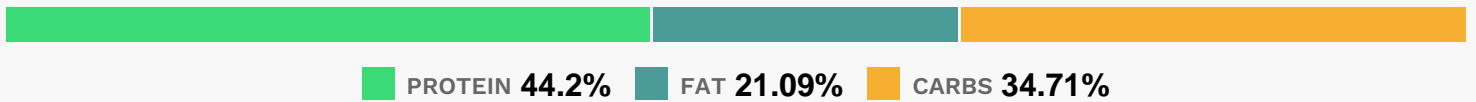
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- plastic wrap
- aluminum foil
- meat tenderizer

Directions

- Preheat oven to 40
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add mushrooms and shallot; cook 6 minutes.
- Add spinach and parsley; cook 1 minute.
- Transfer to a bowl. Stir in breadcrumbs, egg white, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Sprinkle chicken with 1/4 teaspoon each salt and pepper. Arrange chicken breasts between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet.
- Spoon mushroom mixture onto center of chicken breasts.

- Roll up and secure with wooden picks. Dredge chicken breasts in flour, shaking off excess.
- Wipe pan clean with paper towels.
- Heat 2 teaspoons oil in pan over medium-high heat; add chicken. Cook 5 minutes, turning frequently, until browned.
- Transfer chicken to a baking sheet lined with foil.
- Bake at 400 for 13 minutes or until done.
- Add wine to pan; cook 2 minutes over medium heat, scraping pan to loosen browned bits.
- Whisk together cream sauce mix, broth, and milk; add to pan. Bring to a boil; reduce heat, and simmer 1 minute. Stir in lemon juice.
- Remove wooden picks from chicken; cut into 1-inch-thick slices. Spoon sauce onto serving plates; arrange chicken over sauce.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:29.466956304467%

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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 424.97kcal (21.25%), Fat: 9.07g (13.96%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 31.48g (11.45%), Sugar: 12.03g (13.37%), Cholesterol: 110.34mg (36.78%), Sodium: 711.01mg (30.91%), Alcohol: 4.59g (100%), Alcohol %: 1.5% (100%), Protein: 42.78g (85.56%), Vitamin B3: 21.24mg (106.18%), Selenium: 67.99µg (97.13%), Vitamin B6: 1.46mg (72.77%), Vitamin K: 72.69µg (69.22%), Phosphorus: 483.91mg (48.39%), Vitamin B5: 3.6mg (35.98%), Vitamin B2: 0.58mg (34.27%), Potassium: 1056.26mg (30.18%), Vitamin B1: 0.35mg

(23.19%), Vitamin A: 982.87IU (19.66%), Manganese: 0.39mg (19.48%), Magnesium: 73.96mg (18.49%), Folate: 66.28µg (16.57%), Copper: 0.32mg (15.77%), Iron: 2.44mg (13.56%), Vitamin C: 10.3mg (12.49%), Zinc: 1.77mg (11.78%), Vitamin B12: 0.64µg (10.64%), Calcium: 88.04mg (8.8%), Fiber: 2.11g (8.45%), Vitamin E: 1.03mg (6.87%), Vitamin D: 0.61µg (4.05%)