



Sweet Chicken Marsala

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons brown sugar
- 1 tablespoon butter
- 4 chicken breast halves - pounded flat boneless skinless
- 1.5 cups chicken stock see
- 1 tablespoon plus
- 3 tablespoons cornstarch
- 1 cup mushrooms fresh sliced
- 1 tablespoon garlic chopped

- 2 tablespoons green onion chopped to taste
- 1 tablespoon juice of lemon
- 1 tablespoon blackstrap molasses
- 2 tablespoons olive oil
- 1 slice onion minced
- 1 tablespoon water cold

Equipment

- bowl
- frying pan
- whisk
- pot
- kitchen thermometer

Directions

- Melt 2 tablespoons butter in a large pot over medium heat. Stir mushrooms, onion, and garlic into the melted butter, increase heat to medium-high, and cook and stir the mixture until the mushrooms are golden brown, 3 to 5 minutes.
- Stir Marsala wine, chicken stock, brown sugar, lemon juice, molasses, and corn syrup into the mushroom mixture; bring to a boil and cook, stirring frequently, until the liquid reduces by about half, 10 to 15 minutes.
- Whisk cornstarch into cold water in a small bowl. Stream the cornstarch slurry into the Marsala sauce, stirring continually; cook and stir until the sauce thickens, another 10 to 15 minutes.
- Heat olive oil with 1 tablespoon butter in a large skillet over medium heat; cook chicken until golden brown until no longer pink in the center and the juices run clear, 3 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Arrange each chicken breast into the center of a plate.
- Drizzle Marsala sauce over each chicken breast; garnish with green onion to serve.

Nutrition Facts

PROTEIN 29.57% FAT 34.06% CARBS 36.37%

Properties

Glycemic Index:58.5, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:15.88521717424%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 369.57kcal (18.48%), Fat: 13.97g (21.5%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 33.09g (12.03%), Sugar: 24.74g (27.49%), Cholesterol: 82.54mg (27.51%), Sodium: 294.81mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.59%), Vitamin B3: 14.18mg (70.88%), Selenium: 42.01µg (60.01%), Vitamin B6: 1mg (49.93%), Phosphorus: 291.49mg (29.15%), Vitamin B5: 2.06mg (20.57%), Potassium: 708.29mg (20.24%), Vitamin B2: 0.29mg (17.26%), Magnesium: 50.61mg (12.65%), Vitamin K: 11.12µg (10.59%), Copper: 0.2mg (10.04%), Vitamin B1: 0.14mg (9.13%), Vitamin E: 1.36mg (9.05%), Manganese: 0.16mg (8.04%), Iron: 1.23mg (6.81%), Zinc: 1mg (6.66%), Vitamin C: 4.94mg (5.99%), Folate: 16.75µg (4.19%), Calcium: 40.44mg (4.04%), Vitamin B12: 0.24µg (4.03%), Vitamin A: 154.45IU (3.09%), Fiber: 0.48g (1.94%), Vitamin D: 0.16µg (1.07%)