



 5%
HEALTH SCORE

Valentine's Chicken Marsala

READY IN



45 min.

SERVINGS



3

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz mushrooms fresh sliced
- 6 oz mushrooms fresh sliced
- 1 large chicken breast boneless skinless
- 2 large cloves garlic minced
- 2 Tbs butter
- 1 Tbs olive oil (plus additional to saute mushrooms)
- 3 servings seasoned bread crumbs
- 2 cups plum brandy
- 0.3 cup cup heavy whipping cream

3 servings noodles cooked

Equipment

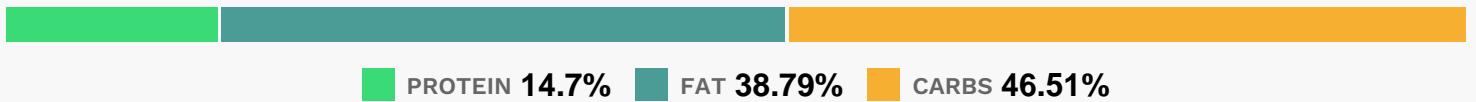
frying pan

wax paper

Directions

- Slice mushrooms and pound chicken breast with a mallet between 2 sheets of wax paper to about 1/4 inch. Dredge breast in seasoned crumbs.
- Heat a heavy stainless or cast iron pan (don't use non-stick).
- Add the butter and the olive oil till butter melts and is bubbly.
- Add chicken breast and brown on both sides.
- Remove browned breast.
- Add additional olive oil and saute mushrooms and garlic.
- Deglaze pan with wine.
- Add browned chicken breast back to pan. Bring to boil, reduce heat, cover and simmer for 30 min.
- Remove chicken from pan.
- Add cream and reduce sauce 50%.
- Serve over cooked pasta, if desired.

Nutrition Facts



Properties

Glycemic Index:64.17, Glycemic Load:12.99, Inflammation Score:-8, Nutrition Score:19.090434782609%

Flavonoids

Petunidin: 10.61mg, Petunidin: 10.61mg, Petunidin: 10.61mg, Petunidin: 10.61mg Delphinidin: 6.24mg, Delphinidin: 6.24mg, Delphinidin: 6.24mg, Delphinidin: 6.24mg Malvidin: 151.73mg, Malvidin: 151.73mg, Malvidin: 151.73mg, Malvidin: 151.73mg Peonidin: 6.29mg, Peonidin: 6.29mg, Peonidin: 6.29mg, Peonidin: 6.29mg Catechin: 15.78mg,

Catechin: 15.78mg, Catechin: 15.78mg, Catechin: 15.78mg Epicatechin: 12.1mg, Epicatechin: 12.1mg, Epicatechin: 12.1mg, Epicatechin: 12.1mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Taste

Sweetness: 43.89%, Saltiness: 100%, Sourness: 82.14%, Bitterness: 65.22%, Savoriness: 97.82%, Fattiness: 86.82%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 676.03kcal (33.8%), Fat: 22.21g (34.17%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 56.73g (20.63%), Sugar: 16.35g (18.16%), Cholesterol: 66.97mg (22.32%), Sodium: 264.87mg (11.52%), Alcohol: 24.48g (136%), Protein: 18.93g (37.87%), Selenium: 49.28µg (70.4%), Vitamin B3: 9.35mg (46.75%), Vitamin B2: 0.62mg (36.68%), Manganese: 0.66mg (32.75%), Copper: 0.56mg (28.02%), Phosphorus: 274.86mg (27.49%), Vitamin B5: 2.52mg (25.16%), Vitamin B6: 0.49mg (24.54%), Potassium: 736.85mg (21.05%), Vitamin B1: 0.27mg (17.75%), Iron: 2.75mg (15.29%), Magnesium: 56.38mg (14.09%), Fiber: 3.2g (12.78%), Vitamin A: 558.9IU (11.18%), Zinc: 1.58mg (10.51%), Folate: 39.77µg (9.94%), Vitamin K: 8.82µg (8.4%), Vitamin E: 1.24mg (8.24%), Calcium: 61.26mg (6.13%), Vitamin C: 3.85mg (4.66%), Vitamin D: 0.58µg (3.88%), Vitamin B12: 0.2µg (3.39%)