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## Chicken Marsala ♦♦

Chicken Marsala is an Italian-American dish made from chicken cutlets, mushrooms, and Marsala wine. It is typically served with pasta or mashed potatoes. The dish originated in Sicily and has become popular in many Italian-American households.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>60 g</b>	all-purpose flour
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

<b>2 tbsp</b>	butter
<b>200 g</b>	Mushrooms
<b>250 ml</b>	marsala wine
<b>250 ml</b>	chicken broth
<b>10 g</b>	fresh parsley

## Directions

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### Step 1

Pound the chicken breasts to an even thickness.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a shallow dish, mix the flour, salt, and black pepper. Dredge the chicken in the flour mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Frying

Heat the olive oil and butter in a large skillet over medium-high heat. Add the chicken and cook until golden brown, about 3-4 minutes per side. Remove the chicken from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Sautéing

In the same skillet, add the mushrooms and cook until they release their moisture and start to brown, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Simmering

Add the Marsala wine and chicken broth to the skillet. Bring to a simmer and cook for 5 minutes to reduce the sauce slightly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Simmering

Return the chicken to the skillet and cook for an additional 5 minutes, or until the chicken is cooked through and the sauce has thickened.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 7

Garnish with fresh parsley and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 333 kcal

**Fat:** 15 g

**Protein:** 34 g

**Carbohydrates:** 9 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	34 g	200%	200%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	113 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	3 mg	3.33%	4%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	560 mg	24.35%	24.35%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	654 mg	19.24%	25.15%
Zinc	2 mg	18.18%	25%
Selenium	29 mcg	52.73%	52.73%

## Recipe Attributes

### Cuisines

Italian

Chinese

French

Mediterranean

American

### Course

Breads

Salads

Sauces & Dressings

### Cooking Method

Steaming

Simmering

Cooking

None

Stir-frying

Mashing

Preheating

Heating

Preparation

Cooling

Oven

Stove

### Meal Type

Lunch

Dinner

### Healthy For

Pancreatitis

### Difficulty Level

Medium

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