

Chicken Marsala

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/true-italian-chicken-marsala-recipe>

Ingredients:

- 3 boneless skinless chicken breasts large, about 2 1/2 pounds, split into 6 cutlets
- wondra flour or all-purpose flour, for dusting
- 2 tablespoons canola oil
- 2 tablespoons unsalted butter
- ground black pepper
- kosher salt
- 1 pound baby bella mushrooms cleaned and sliced
- 3 tablespoons unsalted butter divided
- 1 cup marsala wine
- 1 cup beef stock warm, preferably homemade or low-sodium
- 1 tablespoon tapioca flour optional for a thicker sauce, see Recipe Notes, below
- ground black pepper
- kosher salt

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 105 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 9 grams
8. Sodium: 560 milligrams
9. Sugar: 3 grams

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