

Chicken Marsala

Servings:	30.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56803
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSHROOM MED	2 Quart		198684
unsalted butter	1/2 Pound	READY TO USE	299405
OIL OLIVE POMACE	1/2 Cup		270819
GARLIC CHPD IN WTR	1/2 Cup		321565
WINE CKING MARSALA	1/2 Gallon	SIMMER Roland Marsala Cooking Wine is made ready to use. This product is usually added to sauces and marinades.	793353
SPICE PEPR WHITE GRND	1 1/2 Teaspoon		513776
SOUR CREAM	1 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218
FLOUR HR A/P	1 Cup		227528
CHIX BRST BNLS SKNLS DBL IF 8Z	1/2 Each		419866

Preparation Instructions

Melt butter in pan & add olive oil. Add mushrooms & saute. Add spices and marsala. Cook down for 30 minutes. Whisk flour in the sour cream. Gradually add sour cream mixture by spoon fulls into the hot mixture. Let sauce simmer. Taste & adjust salt/pepper. Place on top of chicken & combi 10 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

Amount Per Serving	
Calories	141.78
Fat	4.12g
Saturated Fat	0.71g
Trans Fat	0.00g
Cholesterol	1.14mg
Sodium	385.79mg
Carbohydrates	10.74g
Fiber	0.42g
Total Sugar	4.56g
Added Sugar	0.00g
Protein	1.61g
Vitamin A 1.75mcg**	Vitamin C 0.45mg**
Calcium 2.57mg	Iron 0.44mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available