

Chicken Marsala IV

Snowvillage Inn - Snowville, NH

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

4 slices lean bacon

2 large skinless/ boneless chicken breasts

4 slices smoked Gouda cheese

1/2 package (10 ounce) frozen chopped spinach, thawed and drained well

salt (to taste)

freshly ground pepper (to taste)

1/2 cup flour

1/2 cup Marsala wine

1/2 cup heavy cream

1 teaspoon fresh parsley, minced

Copyright: James Stroman

In a skillet, fry the bacon over medium heat until almost crisp. Drain and cool on paper toweling. Leave the bacon fat in the pan. Set aside.

Halve and trim the chicken breasts (remove the tenders if there are any and use for another recipe). Carefully cut a pocket in each breast and stuff with a layer of one strip bacon, 1/4 of the spinach and one slice of cheese. Close the pocket with one or two toothpicks. Sprinkle the breasts with salt and pepper and lightly coat with flour.

Reheat the pan with the bacon fat over high heat and lightly brown the breasts on both sides. Remove to a warm platter. Add the Marsala and cream to the pan, whisking up all the brown particles in the pan. Bring to a boil.

Return the chicken breasts to the pan. Reduce the heat. Simmer, covered, for 10 minutes.

Remove the breasts and take out the toothpicks. Place on a warm platter. Meanwhile, reduce the sauce to a creamy thick consistency and adjust the flavor with salt and pepper.

Pour the sauce over the chicken. Sprinkle with minced parsley. Serve at once.

Per Serving (excluding unknown items): 597 Calories; 44g Fat (67.4% calories from fat); 32g Protein; 15g Carbohydrate; 2g Dietary Fiber; 162mg Cholesterol; 1024mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	597	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	10.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	44g	Folacin (mcg):	74mcg
Saturated Fat (g):	27g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	20
Cholesterol (mg):	162mg	% Refuse:	0.0%
Carbohydrate (g):	15g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	32g	Lean Meat:	4
Sodium (mg):	1024mg	Vegetable:	1/2
Potassium (mg):	248mg	Fruit:	0
Calcium (mg):	88mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	6
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	4866IU		
Vitamin A (r.e.):	567 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 597 **Calories from Fat:** 402

% Daily Values*

Total Fat 44g	67%
Saturated Fat 27g	135%
Cholesterol 162mg	54%
Sodium 1024mg	43%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	9%
Protein 32g	
Vitamin A	97%
Vitamin C	24%
Calcium	9%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.