

Sizing Prep Report

Indian River County Schools

990559 - Chicken, Marsala (8.81 oz)

Recipe HACCP Process: #3 Complex Food Preparation

Source: Local

Number of Portions: 4

Portion Size: 8.81oz

Ingredient #	Ingredient Name	Measurements	Instructions
990921	Vegetable, Onions Fresh Erneston #5020E	1 Each	<p>Prep: Wash all produce thoroughly and set aside.</p> <ol style="list-style-type: none"> 1. Cut onion into slices, then cut rings in half (1/2 cup). 2. Lay chicken flat; slice horizontally through center of chicken. If needed cut into half to have 4 cutlets. 3. Place flour, 1/2 tsp salt and pepper in shallow dish. 4. Dip chicken in flour to coat both sides. 5. Shake off any excess flour.
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	4 Each (4 oz avg)	
990604	Flour, Self-Rising General Mills #1004845	1/4 cup	
990924	Salt, Table	1 tsp	
990732	Butter, Solid Salted Glenview #877506	2 tbsp	
990898	Spice, Pepper Black Ground Monarch #9501156	1/2 tsp	
990571	Oil, Canola Olive Roseli Gal. # 1333970 Market	3 tbsp	
011265	MUSHROOMS,PORTABELLA,RAW	8 oz	
990922	Vegetable, Parsley By the Bunch Erneston #5030E	1 tbsp	
000084	CHICKEN STOCK	1/2 CUP	
990990	Glaze, Balsamic Vinegar	2 tbsp	
			<p>Chicken:</p> <ol style="list-style-type: none"> 1. Preheat large saute pan on medium-high heat. This should take approximately 2-3 minutes. 2. Place 2 tbsp of oil and 1 tbsp butter (or margarine) in pan to melt, then add chicken. 3. Cook chicken 2-3 minutes on each side or until well browned. 4. Browning time will be adjusted based on thickness of chicken. 5. Remove chicken from pan.
			<p>Vegetables:</p> <ol style="list-style-type: none"> 1. Reduce heat to medium-low. Place remaining 1 tablespoon each oil and butter (or margarine) in same pan. 2. Stir in mushrooms, onions, and remaining 1/2 tsp salt. 3. Cook 6-7 minutes stirring occasionally or until mushrooms and onions have softened. 4. Chop parsley.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Ingredient #	Ingredient Name	Measurements	Instructions
			<p>Final Steps:</p> <ol style="list-style-type: none"> 1. Stir into pan chicken stock and glaze. 2. Return chicken to pan; simmer until sauce thickens and chicken reaches a minimum internal temperature of 165F or higher. 3. Sprinkle with parsley.
			<p>Serve:</p> <p>One (1) 3-4oz chicken breast topped with 1 oz-2oz marsala sauce.</p> <p>Note: Serving size of marsala sauce will depend on length of time simmering and thickness of sauce .</p> <p>Note: Recommend substituting half of the chicken stock with marsala wine (if policies allow).</p> <p>Note: If increasing portions, increase the oil and butter (or margarine) proportionally.</p> <p>Note: To decrease fat content, may substitute butter with margarine.</p> <p>Recipe inspired from Apron Meals Marsala Chicken.</p> <p>Cook Less, More Often</p> <p><i>revised 5.28.19</i></p>

*Nutrients are based upon 1 Portion Size (8.81oz)

Calories ¹	389.897 kcal	Total Fat	23.591 g	Total Dietary Fiber	1.241 g	Vitamin C	3.467 mg	54.454% Calories from Total Fat
Saturated Fat ¹	6.148 g	Trans Fat ²	0.000 g	Protein	27.805 g	Iron	1.791 mg	14.191% Calories from Sat Fat
Sodium ¹	1020.112 mg	Cholesterol	80.380 mg	Vitamin A	276.805 IU	Water	*53.453* g	0.000% Calories from Trans Fat
Sugars	*4.091* g	Carbohydrate	17.502 g	Calcium	43.396 mg	Ash	*N/A* g	17.955% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.297			28.525% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup
		Vegetable	.125 cup	Milk	cup

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Allergens							
Milk	Wheat						

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