

fra'mani chicken marsala nutrition facts

fra'mani chicken marsala nutrition facts provide valuable insight into the nutritional content of this popular Italian-inspired dish offered by Fra'mani, a renowned deli and gourmet brand. Understanding the nutritional profile of Fra'mani Chicken Marsala is essential for consumers who are mindful of their dietary intake and seek balanced meals without sacrificing flavor. This article delves into the detailed nutrition facts, including calories, macronutrients, vitamins, and minerals present in the dish. Additionally, it explores the health benefits and potential dietary considerations for individuals managing specific nutritional goals or restrictions. By analyzing the ingredients and preparation method, this guide offers a comprehensive overview of what to expect nutritionally from Fra'mani Chicken Marsala. Whether for meal planning or general knowledge, this information supports informed dietary choices related to this flavorful entrée.

- Calories and Macronutrient Breakdown
- Ingredients Impacting Nutritional Value
- Vitamins and Minerals in Fra'mani Chicken Marsala
- Health Benefits and Dietary Considerations
- Comparison with Similar Chicken Marsala Dishes

Calories and Macronutrient Breakdown

Analyzing the calories and macronutrient content is fundamental to understanding fra'mani chicken marsala nutrition facts. Generally, a serving of Fra'mani Chicken Marsala contains a moderate calorie

count that aligns with typical entrée portions. The primary macronutrients include protein, fats, and carbohydrates, each contributing to the overall energy content and nutritional balance of the dish.

Caloric Content

Fra'mani Chicken Marsala usually provides approximately 350 to 450 calories per serving, depending on portion size. This calorie range makes it suitable for a main course in a balanced meal, offering sufficient energy without excessive caloric intake. The combination of lean chicken breast and the rich Marsala sauce contributes to this moderate calorie level.

Protein Composition

Chicken breast is a high-quality source of lean protein, which is the dominant macronutrient in Fra'mani Chicken Marsala. A typical serving delivers around 30 to 35 grams of protein, essential for muscle maintenance, repair, and overall bodily functions. This high protein content makes the dish favorable for those seeking to meet daily protein requirements.

Fat and Carbohydrates

The fat content in Fra'mani Chicken Marsala arises mainly from the cooking oil, butter, and Marsala wine sauce components. On average, the dish contains 15 to 20 grams of fat per serving, including both saturated and unsaturated fats. Carbohydrates are relatively low, mostly coming from the sauce's wine and any added flour used for thickening, averaging between 10 to 15 grams per serving.

- Calories: 350-450 kcal per serving
- Protein: 30-35 grams
- Fat: 15-20 grams

- Carbohydrates: 10-15 grams

Ingredients Impacting Nutritional Value

The nutritional profile of Fra'mani Chicken Marsala is significantly influenced by its core ingredients and preparation method. Understanding these components helps clarify the dish's health implications and nutritional strengths.

Chicken Breast

As the foundational ingredient, chicken breast contributes lean protein and minimal fat. It is a rich source of essential amino acids and relatively low in calories, making it a nutrient-dense choice for protein intake.

Marsala Wine

Marsala wine is used to create the signature sauce, adding flavor and a small amount of carbohydrates from natural sugars. While alcohol content is reduced during cooking, trace amounts may remain. The wine's inclusion enhances the dish's taste without substantially increasing calories.

Butter and Olive Oil

Butter and olive oil are often used for sautéing and flavor enhancement. These fats add richness and contribute to the total fat content. Olive oil, in particular, provides heart-healthy monounsaturated fats, whereas butter includes saturated fats, which should be consumed in moderation.

Mushrooms and Other Add-ins

Commonly, mushrooms are included in the sauce, providing dietary fiber, vitamins, and minerals with minimal calories. These vegetables enrich the dish nutritionally while adding texture and flavor complexity.

Vitamins and Minerals in Fra'mani Chicken Marsala

Beyond macronutrients, fra'mani chicken marsala nutrition facts encompass essential micronutrients that support overall health. The combination of chicken and vegetable ingredients delivers a spectrum of vitamins and minerals.

Key Vitamins

The dish contains B vitamins, particularly niacin (B3) and vitamin B6, derived mainly from chicken breast. These vitamins play crucial roles in energy metabolism and nervous system function. Additionally, small amounts of vitamin D and vitamin K may be present from mushrooms and cooking fats.

Essential Minerals

Fra'mani Chicken Marsala provides minerals such as phosphorus, selenium, and potassium. Phosphorus supports bone health, selenium acts as an antioxidant, and potassium aids in electrolyte balance. The inclusion of mushrooms also contributes trace amounts of copper and zinc.

- B Vitamins: Niacin, B6
- Vitamin D and K (trace amounts)

- Phosphorus and Selenium
- Potassium, Copper, Zinc

Health Benefits and Dietary Considerations

Understanding the health benefits and potential dietary considerations related to Fra'mani Chicken Marsala helps consumers make informed choices based on their nutritional needs and preferences.

High Protein Content

The significant protein content supports muscle growth, repair, and satiety, making this dish beneficial for active individuals and those seeking to maintain or increase lean body mass.

Fat Quality and Moderation

The presence of olive oil introduces healthy monounsaturated fats, which can contribute to cardiovascular health when consumed as part of a balanced diet. However, the butter content adds saturated fat, which should be monitored to maintain heart health.

Considerations for Sodium and Allergens

Prepared or packaged versions of Fra'mani Chicken Marsala might contain added sodium, which individuals with hypertension or sodium sensitivity should consider. Additionally, the use of wine and dairy in the sauce may pose concerns for those with alcohol intolerance or lactose sensitivity.

Comparison with Similar Chicken Marsala Dishes

Comparing Fra'mani Chicken Marsala nutrition facts with other chicken Marsala preparations highlights its relative nutritional strengths and potential differences based on ingredients and cooking methods.

Homemade vs. Store-Bought

Homemade chicken Marsala recipes can vary widely in calories and fat depending on ingredient choices, such as using less butter or substituting cream. Fra'mani's version tends to balance authentic flavor with controlled portion sizes, offering a consistent nutritional profile.

Restaurant Variations

Many restaurant-prepared chicken Marsala dishes are often higher in calories and fat due to larger portions and additional butter or cream. Fra'mani's product typically provides a more measured approach, which can be advantageous for calorie-conscious consumers.

- Fra'mani offers moderate calories and balanced macronutrients
- Restaurant dishes may contain higher fats and sodium
- Homemade recipes vary based on ingredient substitutions

Frequently Asked Questions

What are the main nutritional components of Fra'Mani Chicken Marsala?

Fra'Mani Chicken Marsala typically contains protein from the chicken, carbohydrates and sugars from the Marsala wine sauce, and fats from cooking oils and butter. The exact nutritional content can vary based on the recipe and serving size.

Is Fra'Mani Chicken Marsala a high-calorie dish?

Fra'Mani Chicken Marsala can be moderately high in calories due to the combination of chicken, sauce, and any added fats like butter or oil. Portion control is important if you are watching your calorie intake.

How much protein does Fra'Mani Chicken Marsala provide per serving?

A typical serving of Fra'Mani Chicken Marsala provides around 25-30 grams of protein, primarily from the chicken used in the dish.

Are there any common allergens in Fra'Mani Chicken Marsala?

Fra'Mani Chicken Marsala may contain allergens such as dairy (from butter or cream), gluten (if flour is used as a thickener), and sulfites (from Marsala wine). Always check ingredient labels or ask the preparer.

Can Fra'Mani Chicken Marsala be considered a balanced meal?

Fra'Mani Chicken Marsala provides protein and some fats, but it may lack sufficient vegetables and fiber. Pairing it with vegetables and whole grains can make it a more balanced meal.

Additional Resources

1. *Understanding Fra'Mani Chicken Marsala: Ingredients and Nutrition*

This book offers an in-depth look at the nutritional content of Fra'Mani Chicken Marsala. It breaks down the calories, macronutrients, and key vitamins and minerals found in this popular dish. Readers will gain insight into how the ingredients contribute to overall health and how to enjoy the meal as part of a balanced diet.

2. The Science of Chicken Marsala: Health Benefits and Nutritional Analysis

Explore the scientific aspects of Chicken Marsala with a focus on the Fra'Mani brand. This book analyzes the health benefits of the dish's main components such as mushrooms, marsala wine, and chicken. It also discusses how the preparation methods impact the nutrition profile.

3. Cooking with Fra'Mani: A Nutritional Guide to Chicken Marsala

Designed for home cooks, this guide provides recipes alongside detailed nutrition facts for Fra'Mani Chicken Marsala. It includes tips on modifying the recipe to reduce calories or increase protein content. The book encourages mindful cooking and eating habits.

4. Fra'Mani Chicken Marsala and Your Diet: Balancing Flavor and Nutrition

This title focuses on integrating Fra'Mani Chicken Marsala into various diet plans such as low-carb, keto, and Mediterranean diets. It offers practical advice on portion control and pairing the dish with complementary sides to maximize nutritional benefits while enjoying rich flavors.

5. From Kitchen to Table: The Nutritional Journey of Fra'Mani Chicken Marsala

Follow the journey of Fra'Mani Chicken Marsala from raw ingredients to the finished plate, highlighting how each step affects its nutritional value. The book also compares homemade versus store-bought options, helping readers make informed food choices.

6. Healthy Italian Cuisine: Fra'Mani Chicken Marsala Nutrition Explored

This book dives into Italian cuisine with a spotlight on Fra'Mani Chicken Marsala. It explains traditional cooking methods and how they influence the dish's health profile. Nutritional insights are paired with cultural context to enrich the reader's culinary knowledge.

7. Smart Eating with Fra'Mani Chicken Marsala: Nutrition Facts and Dietary Tips

A practical guide for those looking to maintain a healthy lifestyle without sacrificing taste. The book outlines the detailed nutrition facts of Fra'Mani Chicken Marsala and offers tips on how to enjoy it responsibly within different calorie limits and dietary restrictions.

8. *Nutrition Facts Demystified: Fra'Mani Chicken Marsala Edition*

This book aims to simplify complex nutrition information related to Fra'Mani Chicken Marsala. It breaks down ingredient labels and explains common terms and measurements. Perfect for readers new to nutritional analysis who want to better understand what they eat.

9. *The Ultimate Fra'Mani Chicken Marsala Cookbook: Flavorful and Nutritious*

Combining delicious recipes with nutritional information, this cookbook is ideal for cooking enthusiasts. It features numerous variations of Chicken Marsala, each with detailed nutrition facts to help readers make healthier choices. The book balances indulgence with wellness for a satisfying culinary experience.

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