



1-2-3 Chicken Cacciatore



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

255 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken legs and thighs
- ☐ 2 tablespoons olive oil
- ☐ 26 ounce chunky pasta sauce ragu®

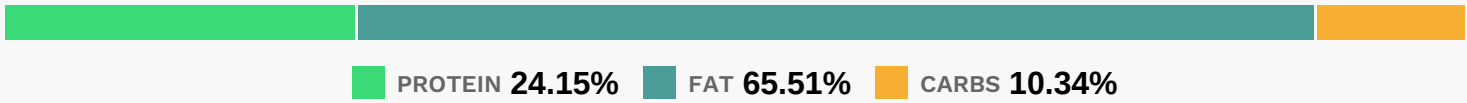
Equipment

- ☐ frying pan

Directions

Heat oil in 12-inch skillet over medium-high heat and brown chicken. Stir in pasta sauce. Bring to a boil over high heat. Reduce heat to low and simmer covered 45 minutes or until chicken is thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.11, Inflammation Score:-5, Nutrition Score:10.774782608385%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 255.17kcal (12.76%), Fat: 18.78g (28.89%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.37g (4.86%), Cholesterol: 80.15mg (26.72%), Sodium: 654.79mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.16%), Vitamin B3: 5.3mg (26.48%), Selenium: 16.25µg (23.21%), Vitamin B6: 0.39mg (19.72%), Vitamin E: 2.63mg (17.54%), Phosphorus: 166.75mg (16.68%), Potassium: 539.86mg (15.42%), Vitamin B5: 1.24mg (12.36%), Vitamin A: 611.22IU (12.22%), Vitamin B2: 0.2mg (11.85%), Vitamin C: 8.77mg (10.63%), Zinc: 1.54mg (10.25%), Iron: 1.8mg (10%), Copper: 0.19mg (9.39%), Magnesium: 34.8mg (8.7%), Vitamin B12: 0.48µg (8.04%), Vitamin K: 8.23µg (7.84%), Fiber: 1.84g (7.37%), Manganese: 0.15mg (7.26%), Vitamin B1: 0.09mg (6.16%), Folate: 14.5µg (3.63%), Calcium: 25mg (2.5%)