



## Chef John's Chicken Riggies

READY IN



95 min.

SERVINGS



4

CALORIES



1062 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce canned tomatoes whole italian crushed canned (such as San Marzano)
- 1 cup chicken broth
- 0.3 cup flat parsley italian chopped
- 3 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 4 ounces ground sausage meat italian hot
- 0.5 cup heavy whipping cream
- 0.5 cup kalamata olives pitted chopped
- 0.5 cup marsala wine

- 1 cup mushrooms sliced
- 1 tablespoon olive oil
- 1 onion sliced
- 1.5 cups pasilla peppers sweet hot chopped
- 1 pound rigatoni
- 0.5 cup romano cheese grated
- 1.5 pounds chicken thighs boneless skinless roughly chopped
- 0.5 cup water or as needed

## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Heat olive oil in a large saucepan over medium heat. Cook and stir sausage, mushrooms, onions, salt, and black pepper in hot oil until vegetables are softened and sausage is browned, 6 to 7 minutes.
- Stir chopped chicken to sausage mixture; cook and stir over medium-high heat until browned, about 5 minutes.
- Pour in wine and cook, stirring to remove any browned bits off the bottom of the pan, until most of the wine is evaporated, 2 to 3 minutes.
- Add tomatoes, chicken broth, and cream; simmer for 30 minutes. If needed, add water to create a thick sauce.
- Stir peppers, olives, and garlic into sauce. Continue to simmer until thickened, 15 to 20 minutes. Season with salt and pepper to taste and stir in parsley.
- Bring a large pot of lightly salted water to a boil. Cook rigatoni in the boiling water, stirring occasionally until nearly cooked, about 11 minutes.
- Drain.
- Combine sauce and cooked pasta, stir in cheese, cover and set aside until pasta has absorbed the sauce, 1 to 2 minutes.

# Nutrition Facts

PROTEIN 24.08% FAT 32.47% CARBS 43.45%

## Properties

Glycemic Index:74.5, Glycemic Load:39.39, Inflammation Score:-9, Nutrition Score:48.509130270585%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 2.78mg, Luteolin: 2.78mg, Luteolin: 2.78mg, Luteolin: 2.78mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

## Nutrients (% of daily need)

Calories: 1061.68kcal (53.08%), Fat: 37.34g (57.45%), Saturated Fat: 14.52g (90.74%), Carbohydrates: 112.45g (37.48%), Net Carbohydrates: 102.64g (37.32%), Sugar: 18.43g (20.48%), Cholesterol: 229.8mg (76.6%), Sodium: 1250.42mg (54.37%), Alcohol: 4.59g (100%), Alcohol %: 0.72% (100%), Protein: 62.3g (124.6%), Selenium: 117.24µg (167.49%), Vitamin C: 71.79mg (87.01%), Manganese: 1.67mg (83.42%), Vitamin B3: 16.68mg (83.4%), Vitamin K: 85.19µg (81.14%), Phosphorus: 797.72mg (79.77%), Vitamin B6: 1.54mg (77.17%), Copper: 1mg (49.84%), Potassium: 1651.06mg (47.17%), Vitamin B2: 0.78mg (45.66%), Magnesium: 168.63mg (42.16%), Zinc: 6.11mg (40.75%), Fiber: 9.81g (39.24%), Vitamin B1: 0.59mg (39.04%), Vitamin B5: 3.9mg (38.98%), Iron: 6.72mg (37.33%), Vitamin A: 1569.38IU (31.39%), Vitamin E: 4.68mg (31.23%), Calcium: 298.55mg (29.86%), Vitamin B12: 1.54µg (25.64%), Folate: 76.55µg (19.14%), Vitamin D: 0.95µg (6.37%)