



Chef John's Chicken Riggies

READY IN



95 min.

SERVINGS



4

CALORIES



1014 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
- ☐ 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

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



Properties

Glycemic Index:74.5, Glycemic Load:39.39, Inflammation Score:-9, Nutrition Score:48.226521823717%

Flavonoids

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: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 1013.68kcal (50.68%), Fat: 37.34g (57.45%), Saturated Fat: 14.52g (90.74%), Carbohydrates: 108.34g (36.11%), Net Carbohydrates: 98.53g (35.83%), Sugar: 16.1g (17.89%), Cholesterol: 229.8mg (76.6%), Sodium: 1246.24mg (54.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.24g (124.48%), Selenium: 117.09µg (167.27%), Vitamin C: 71.79mg (87.01%), Vitamin B3: 16.62mg (83.08%), Manganese: 1.63mg (81.64%), Vitamin K: 85.19µg (81.14%), Phosphorus: 795.02mg (79.5%), Vitamin B6: 1.54mg (77.17%), Copper: 0.98mg (48.92%), Potassium: 1623.46mg (46.38%), Vitamin B2: 0.77mg (45.34%), Magnesium: 165.64mg (41.41%), Zinc: 6.09mg (40.59%), Fiber: 9.81g (39.24%), Vitamin B5: 3.89mg (38.88%), Vitamin B1: 0.58mg (38.68%), Iron: 6.65mg (36.93%), Vitamin A: 1569.38IU (31.39%), Vitamin E: 4.68mg (31.23%), Calcium: 295.26mg (29.53%), Vitamin B12: 1.54µg (25.64%), Folate: 76.55µg (19.14%), Vitamin D: 0.95µg (6.37%)