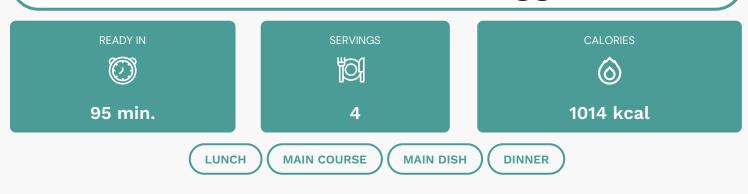


# **Chef John's Chicken Riggies**



### **Ingredients**

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

28 ounce canned tomatoes whole italian crushed canned (such as San Marzano)

	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, Apigenin: 8.09mg Luteolin: 2.78mg, Luteolin: 2.78mg, Luteolin: 2.78mg, Luteolin: 2.78mg Isorhamnetin: 1.38mg, Isorhamnetin: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, 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 %: O% (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%)