



 **51%**
HEALTH SCORE

Chicken Cacciatore

READY IN



250 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz baby bella mushrooms quartered
- 4 servings pepper black freshly ground
- 28 oz canned tomatoes crushed canned
- 4 lb broiler chicken quartered
- 0.3 cup parsley fresh finely chopped
- 3 garlic cloves smashed
- 1 bell pepper green sliced into 1/2-inch wide strips
- 1 teaspoon kosher salt
- 1 tablespoon olive oil

- 14 oz onion spanish
- 4 servings parmesan cheese freshly grated for serving
- 0.5 pound rotini uncooked
- 1 bell pepper yellow sliced into 1/2-inch wide strips

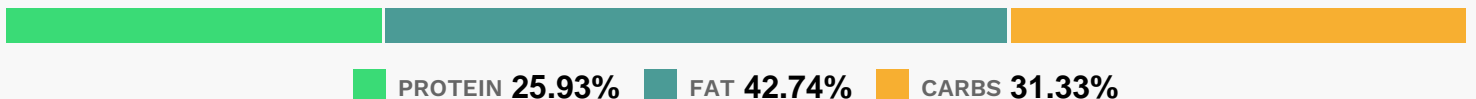
Equipment

- bowl
- frying pan
- pot
- slow cooker

Directions

- Heat oil in a small skillet over medium heat.
- Add garlic and cook, stirring, until golden, about 2 minutes; transfer to slow cooker.
- Add onion, bell pepper and mushroom. Put chicken on top; sprinkle with salt and pepper.
- Pour in crushed tomatoes; cover and cook for 4 hours on high or 8 hours on low. Chicken should be very tender.
- Bring a pot of salted water to a boil and cook rotini according to package directions until al dente.
- Drain and transfer to a large serving bowl.
- Transfer chicken to 4 plates. Skim fat from surface of sauce and discard. Stir parsley into sauce. Spoon some sauce over chicken.
- Serve remaining sauce with pasta and cheese.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:23.48, Inflammation Score:-9, Nutrition Score:48.3613049673%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 21.16mg, Quercetin: 21.16mg, Quercetin: 21.16mg

Nutrients (% of daily need)

Calories: 970.3kcal (48.52%), Fat: 46.41g (71.41%), Saturated Fat: 14.84g (92.74%), Carbohydrates: 76.54g (25.51%), Net Carbohydrates: 67.95g (24.71%), Sugar: 16.22g (18.02%), Cholesterol: 189.39mg (63.13%), Sodium: 1535.56mg (66.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.35g (126.7%), Vitamin C: 113.28mg (137.31%), Selenium: 94.53µg (135.05%), Vitamin B3: 20.96mg (104.81%), Phosphorus: 796.6mg (79.66%), Vitamin K: 80.76µg (76.91%), Vitamin B6: 1.49mg (74.71%), Manganese: 1.29mg (64.37%), Copper: 1.03mg (51.56%), Potassium: 1719.88mg (49.14%), Vitamin B2: 0.83mg (48.75%), Zinc: 6.44mg (42.91%), Calcium: 417.89mg (41.79%), Vitamin B5: 3.96mg (39.57%), Magnesium: 147.98mg (36.99%), Iron: 6.39mg (35.5%), Fiber: 8.58g (34.33%), Vitamin B1: 0.47mg (31.42%), Vitamin A: 1479.18IU (29.58%), Vitamin E: 4.02mg (26.8%), Folate: 100.39µg (25.1%), Vitamin B12: 1.14µg (18.94%), Vitamin D: 0.64µg (4.28%)