



Chicken Cacciatore

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup all purpose flour for dredging
- 1 teaspoon pepper black freshly ground plus more to taste
- 28 ounce canned tomatoes diced with juice canned
- 3 tablespoons capers drained
- 2 chicken breasts with skin and backbone, halved crosswise
- 4 chicken thighs
- 0.8 cup cooking wine dry white
- 0.3 cup basil leaves fresh coarsely chopped

- 3 garlic cloves finely chopped
- 0.8 cup chicken broth reduced-sodium
- 3 tablespoons olive oil
- 1 onion chopped
- 1.5 teaspoons oregano leaves dried
- 1 large bell pepper red chopped
- 2 teaspoons salt plus more to taste

Equipment

- frying pan
- tongs

Directions

- Watch how to make this recipe.
- Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.
- In a large heavy saute pan, heat the oil over a medium-high flame.
- Add the chicken pieces to the pan and saute just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, saute it in 2 batches.
- Transfer the chicken to a plate and set aside.
- Add the bell pepper, onion and garlic to the same pan and saute over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper.
- Add the wine and simmer until reduced by half, about 3 minutes.
- Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.
- Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

Nutrition Facts

PROTEIN 32.67% FAT 52.52% CARBS 14.81%

Properties

Glycemic Index:71.5, Glycemic Load:10.18, Inflammation Score:-10, Nutrition Score:29.746521773546%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg, Quercetin: 16.09mg

Nutrients (% of daily need)

Calories: 599.94kcal (30%), Fat: 32.89g (50.59%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.4g (6.69%), Sugar: 3.51g (3.89%), Cholesterol: 183.06mg (61.02%), Sodium: 1566.49mg (68.11%), Alcohol: 4.64g (100%), Alcohol %: 0.94% (100%), Protein: 46.03g (92.06%), Vitamin B3: 19.15mg (95.77%), Selenium: 63.27µg (90.38%), Vitamin B6: 1.46mg (73.05%), Vitamin C: 57.12mg (69.23%), Phosphorus: 479.51mg (47.95%), Vitamin B5: 3.04mg (30.43%), Vitamin A: 1509.4IU (30.19%), Potassium: 895.42mg (25.58%), Vitamin B2: 0.42mg (24.62%), Vitamin K: 24.49µg (23.32%), Manganese: 0.44mg (21.97%), Vitamin B1: 0.32mg (21.57%), Vitamin E: 2.84mg (18.9%), Magnesium: 73.31mg (18.33%), Zinc: 2.51mg (16.74%), Vitamin B12: 0.99µg (16.56%), Folate: 65.37µg (16.34%), Iron: 2.93mg (16.27%), Copper: 0.2mg (10%), Fiber: 2.46g (9.84%), Calcium: 56.19mg (5.62%), Vitamin D: 0.23µg (1.51%)