

 56%
HEALTH SCORE

Chicken Cacciatore

READY IN



135 min.

SERVINGS



6

CALORIES



980 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 fillet anchovy mashed
- 1 tablespoon capers drained
- 1 cup chicken broth
- 1 cup cooking wine dry white (recommended: Pinot Grigio)
- 1 large eggs
- 5.5 cups flour all-purpose
- 0.5 bunch basil fresh ()
- 4 garlic cloves sliced
- 2 tablespoons garlic powder

- 0.5 optional: lemon paper-thin sliced in circles
- 2 cups milk
- 6 servings olive oil extra-virgin
- 1 medium onion chopped
- 1 tablespoon oregano dried
- 6 bell peppers red
- 1 teaspoon pepper flakes red
- 6 servings sea salt and pepper black freshly ground
- 2 large tomatoes ripe coarsely chopped
- 3.5 pound meat from a rotisserie chicken whole free range cut into 8 pieces

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- stove
- tongs

Directions

- Prepare your wooden burning brick oven according to manufacturer's directions or preheat a conventional oven to 400 degrees F.
- Place the peppers on a cookie sheet and season with salt and pepper. Roast the peppers for 15 minutes, turning periodically with tongs, so they are really charred and blistered on all sides.
- Put the peppers into a bowl, cover with plastic wrap, and steam for about 10 minutes to loosen the skins. Pull out the cores and seeds from the peppers and peel off the blackened skins; coarsely chop the peppers into chunks and set aside.

- Season the flour with the garlic powder, dried oregano, and a fair amount of salt and pepper.
- Whisk the egg and milk together in a shallow bowl. Dredge the chicken pieces in the flour and tap off the excess. Dip each piece in the egg wash to coat, then dredge again in the flour.
- Place a large oven-proof skillet over medium heat and pour in about 1/4-inch of oil. Pan-fry the chicken in batches, skin-side down, until crisp, about 5 minutes. Turn the chicken over and brown the other side about 3 minutes longer.
- Remove the chicken to a side plate; it will not be completely cooked.
- Carefully pour out the oil from the skillet and add 1/4 cup of clean olive oil.
- Put the pan back on the stove over medium heat.
- Add the anchovies, red pepper flakes, garlic, onion, tomatoes, lemon slices, capers, 1/2 of the roasted red peppers, and 1/2 of the basil; season with salt and pepper. This part of the recipe is going to be your base. What we are looking for is a fragrant vegetable pulp, so simmer for about 20 minutes, stirring often, until everything breaks down.
- Add the remaining roasted peppers and basil. Tuck the chicken into the stew and pour in the wine and chicken broth.
- Transfer the chicken cacciatore to the hot oven and cook for 20 to 30 minutes until the chicken is cooked.

Nutrition Facts



PROTEIN 17.96% **FAT 36.49%** **CARBS 45.55%**

Properties

Glycemic Index:65.42, Glycemic Load:67.8, Inflammation Score:-10, Nutrition Score:45.874783018361%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 979.86kcal (48.99%), Fat: 38.48g (59.2%), Saturated Fat: 9.52g (59.5%), Carbohydrates: 108.08g (36.03%), Net Carbohydrates: 100.37g (36.5%), Sugar: 12.55g (13.95%), Cholesterol: 138mg (46%), Sodium: 336.89mg (14.65%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 42.63g (85.25%), Vitamin C: 169.64mg (205.63%), Vitamin A: 4740.68IU (94.81%), Selenium: 63.46µg (90.66%), Vitamin B3: 17.59mg (87.94%), Vitamin B1: 1.15mg (76.87%), Folate: 294.28µg (73.57%), Manganese: 1.23mg (61.72%), Vitamin B2: 1.04mg (61.09%), Vitamin B6: 1.09mg (54.59%), Phosphorus: 490.6mg (49.06%), Iron: 8.25mg (45.86%), Vitamin E: 5.16mg (34.42%), Fiber: 7.72g (30.86%), Potassium: 1034.11mg (29.55%), Vitamin K: 30.64µg (29.18%), Vitamin B5: 2.64mg (26.4%), Magnesium: 96.43mg (24.11%), Zinc: 3.6mg (24.03%), Calcium: 187.36mg (18.74%), Copper: 0.35mg (17.43%), Vitamin B12: 0.93µg (15.46%), Vitamin D: 1.32µg (8.77%)