



Chicken Cacciatore

READY IN



105 min.

SERVINGS



6

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 28 ounce canned tomatoes (diced whole with their juice) canned
- 8 chicken thighs (whole canned (you can use any chicken pieces))
- 0.8 cup cooking wine (dry white)
- 1 pound extra wide egg noodles
- 0.5 cup flour (all-purpose)
- 1 leaf flat parsley (fresh chopped for sprinkling)
- 5 cloves garlic (diced)
- 2 bell peppers (green cored sliced thin (not too))

- 0.5 teaspoon ground thyme
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil
- 1 medium onion halved sliced
- 6 servings parmesan grated for sprinkling
- 2 bell peppers red cored sliced thin (not too)
- 6 servings pepper flakes red crushed to taste
- 0.3 teaspoon turmeric
- 12 ounces mushrooms white sliced (or cremini)

Equipment

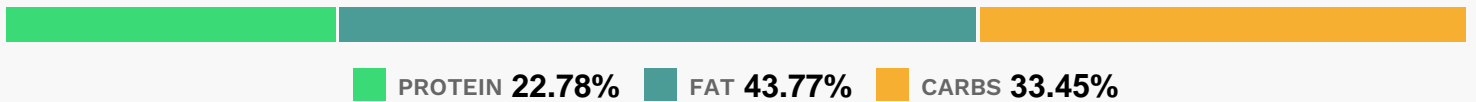
- bowl
- frying pan
- oven
- dutch oven

Directions

- Preheat the oven to 350 degrees F.
- Salt and pepper both sides of the chicken. Dredge the chicken in the flour.
- Heat the olive oil and butter in a heavy ovenproof skillet or Dutch oven over medium-high heat.
- Place the chicken skin-side down in the skillet, four pieces at a time. Brown on both sides, then remove to a clean plate. Repeat with the remaining chicken.
- Pour off half the fat and discard.
- Add the sliced bell peppers and onions to the skillet, as well as the garlic. Stir around for 1 minute.
- Add the mushrooms and stir around for 1 minute.
- Add the thyme, turmeric and 1/2 teaspoon salt. And the crushed red pepper flakes if you like things a little spicy.
- Add extra black pepper to taste. Stir, then pour in the wine and allow to bubble.

- Pour in the tomatoes and stir to combine.
- Add the chicken back to the skillet skin-side up, without totally submerging it. Cover and put into the oven for 45 minutes.
- Remove the lid and increase the heat to 375 degrees F. Cook for an additional 15 minutes.
- Meanwhile, cook the pasta according to the package directions. Do not overcook!
- Drain and set aside.
- Transfer the chicken pieces to a plate, followed by the vegetables. Return the skillet to the burner and turn the heat to medium high. Cook and reduce the sauce for a couple of minutes.
- Pour the noodles onto a large platter or into a big serving bowl.
- Add the vegetables all over the top, then place the chicken pieces on top of the vegetables. Spoon the juices from the skillet over the chicken and noodles.
- Before serving, sprinkle on chopped fresh parsley and grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:74.83, Glycemic Load:33.1, Inflammation Score:-10, Nutrition Score:45.57782589871%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 1005.41kcal (50.27%), Fat: 48.29g (74.29%), Saturated Fat: 16.31g (101.93%), Carbohydrates: 83.02g (27.67%), Net Carbohydrates: 74.51g (27.1%), Sugar: 12.49g (13.88%), Cholesterol: 209.54mg (69.85%), Sodium: 850.66mg (36.99%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 56.55g (113.1%), Selenium: 99.1µg (141.57%), Vitamin C: 100.93mg (122.34%), Vitamin B3: 17.33mg (86.63%), Phosphorus: 759.87mg (75.99%), Vitamin B6: 1.31mg (65.44%), Manganese: 1.27mg (63.75%), Vitamin A: 2898.09IU (57.96%), Calcium: 475.25mg (47.53%),

Vitamin B2: 0.78mg (45.83%), Copper: 0.82mg (40.85%), Potassium: 1338.9mg (38.25%), Vitamin B5: 3.73mg (37.31%), Iron: 6.58mg (36.55%), Vitamin E: 5.43mg (36.21%), Zinc: 5.37mg (35.8%), Vitamin B1: 0.52mg (34.97%), Magnesium: 139.58mg (34.9%), Fiber: 8.5g (34.01%), Folate: 106.47µg (26.62%), Vitamin K: 27.55µg (26.24%), Vitamin B12: 1.09µg (18.13%), Vitamin D: 0.8µg (5.32%)