



Chicken Cacciatore

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



6

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 4 pound meat from a rotisserie chicken cut into 8 to 10 pieces
- 1 pound cremini mushrooms cleaned sliced
- 2 cups cooking wine dry white
- 4 garlic cloves smashed finely chopped
- 6 servings sauteed haricot verts
- 6 servings kosher salt
- 6 servings olive oil as needed

- 2 large onions sliced
- 56 ounce plum tomatoes pureed italian canned
- 1 bell pepper red seeded cut into 1/2-inch dice
- 1 pinch pepper flakes red crushed
- 1 bundle thyme
- 1 bell pepper yellow seeded cut into 1/2-inch dice

Equipment

- frying pan
- pot

Directions

- Watch how to make this recipe.
- Coat a large, wide pot with olive oil and put over high heat. Season the chicken with salt. To taste, and brown in the hot oil, working in batches, if needed. Once all the chicken is brown, remove it to a plate and discard most of the excess fat.
- If needed to coat the bottom of the pan, add a tablespoon of olive oil.
- Add the onions and crushed red pepper, season with salt, to taste, and sweat over low heat for 8 to 10 minutes.
- Add the garlic and sweat for 1 to 2 minutes.
- Add the peppers and cook until they are soft, about 2 to 3 minutes.
- Add the mushrooms, season with salt, to taste, and cook until they are soft.
- Add the white wine and reduce by half.
- Return the chicken to the pan and add the tomatoes; taste for seasoning.
- Add the thyme bundle and the bay leaves. Bring the liquid to a boil, then reduce the heat to a simmer. Partially cover the pot and simmer for 20 to 30 minutes. Check the level of the sauce periodically during the cooking process and replenish it with water as needed; the level of liquid should be about even with the chicken.
- Remove the chicken from the pot and arrange it on a pretty serving platter. Taste the sauce for seasoning and adjust if needed. Skim the surface of the sauce if excessively greasy. Spoon the sauce over the chicken and serve. Tastes like chicken!

Nutrition Facts

PROTEIN 23.27% FAT 57.67% CARBS 19.06%

Properties

Glycemic Index:38.83, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:36.747825975003%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 616.6kcal (30.83%), Fat: 36.76g (56.55%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 20.68g (7.52%), Sugar: 13.79g (15.33%), Cholesterol: 108.86mg (36.29%), Sodium: 324.57mg (14.11%), Alcohol: 8.24g (100%), Alcohol %: 1.44% (100%), Protein: 33.37g (66.73%), Vitamin C: 111.68mg (135.37%), Vitamin B3: 15.25mg (76.27%), Vitamin A: 3464.57IU (69.29%), Selenium: 41.59µg (59.41%), Vitamin B6: 1.1mg (54.9%), Vitamin K: 56.7µg (54%), Potassium: 1579.66mg (45.13%), Phosphorus: 430.65mg (43.07%), Vitamin B2: 0.7mg (41.34%), Manganese: 0.8mg (40%), Copper: 0.7mg (34.82%), Vitamin B5: 3.02mg (30.21%), Vitamin E: 4.44mg (29.63%), Folate: 110.26µg (27.56%), Fiber: 6.64g (26.57%), Magnesium: 97.31mg (24.33%), Zinc: 3.61mg (24.06%), Vitamin B1: 0.35mg (23.29%), Iron: 3.55mg (19.75%), Calcium: 103.68mg (10.37%), Vitamin B12: 0.53µg (8.76%), Vitamin D: 0.37µg (2.44%)