



Chicken Cacciatore

 Dairy Free

READY IN



325 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 pound button mushrooms quartered
- 15 ounce canned tomatoes diced canned
- 1 carrots peeled chopped
- 1 cup chicken broth
- 2 pounds package chicken thighs (5 count)
- 0.5 cup flour all-purpose
- 2 tablespoons basil leaves fresh chopped

- 2 tablespoons parsley leaves fresh chopped
- 1 clove garlic minced
- 1 bell pepper green sliced
- 1 teaspoon kosher salt plus
- 3 tablespoons olive oil pure
- 0.5 teaspoon chili flakes red
- 1 cup red wine
- 1 onion yellow sliced

Equipment

- frying pan
- slow cooker

Directions

- Watch how to make this recipe.
- Combine flour, 1 teaspoon of salt and 1/2 teaspoon of pepper in a flat dish or pie plate. Dredge chicken thighs lightly in flour mixture, patting off excess. In a large skillet over medium-high heat add olive oil, when oil is hot add chicken, browning on both sides, about 5 minutes.
- In the bottom of a 5-quart slow cooker add, mushrooms, green pepper, onion, garlic, carrot, tomatoes, chili flakes, remaining salt and pepper, basil and parsley.
- Add chicken, chicken broth and wine. Cover and cook on HIGH setting for 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:101.96, Glycemic Load:12.72, Inflammation Score:-10, Nutrition Score:35.493043920268%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg

Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 774kcal (38.7%), Fat: 49.12g (75.57%), Saturated Fat: 11.75g (73.47%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 25.35g (9.22%), Sugar: 9.12g (10.13%), Cholesterol: 223.44mg (74.48%), Sodium: 1138.01mg (49.48%), Alcohol: 6.36g (100%), Alcohol %: 1.32% (100%), Protein: 43.26g (86.52%), Selenium: 54.3µg (77.58%), Vitamin B3: 15.46mg (77.3%), Vitamin A: 3362.92IU (67.26%), Vitamin B6: 1.18mg (58.84%), Vitamin K: 58.97µg (56.16%), Phosphorus: 497.42mg (49.74%), Vitamin C: 40.9mg (49.58%), Vitamin B2: 0.74mg (43.76%), Vitamin B5: 3.67mg (36.65%), Potassium: 1226.69mg (35.05%), Vitamin B1: 0.48mg (31.71%), Manganese: 0.63mg (31.44%), Copper: 0.58mg (29.05%), Iron: 4.73mg (26.29%), Zinc: 3.83mg (25.51%), Vitamin B12: 1.49µg (24.77%), Vitamin E: 3.69mg (24.62%), Magnesium: 90.88mg (22.72%), Fiber: 4.66g (18.63%), Folate: 74.41µg (18.6%), Calcium: 88.1mg (8.81%), Vitamin D: 0.34µg (2.27%)