



## Chicken Cacciatore

READY IN



80 min.

SERVINGS



4

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce canned tomatoes pureed with juices, canned
- 2 tablespoons brined capers drained
- 3.5 pound meat from a rotisserie chicken halved cut into 8 pieces (breasts )
- 2 cups chicken broth low-sodium homemade canned
- 1 pound pasta like spaghetti cooked
- 1 pound cremini mushrooms quartered
- 1 cup cooking wine dry red
- 0.3 cup basil fresh chopped for garnish
- 3 small sprigs rosemary fresh

- 3 sprigs thyme leaves fresh
- 3 cloves garlic thinly sliced
- 4 servings honey
- 1 jalapeño chile diced finely
- 4 servings kosher salt and pepper black freshly ground
- 4 tablespoons olive oil
- 4 servings thinly parmesan shaved
- 0.3 teaspoon chile flakes red
- 1 large onion red halved thinly sliced
- 1 large bell pepper yellow julienned

## Equipment

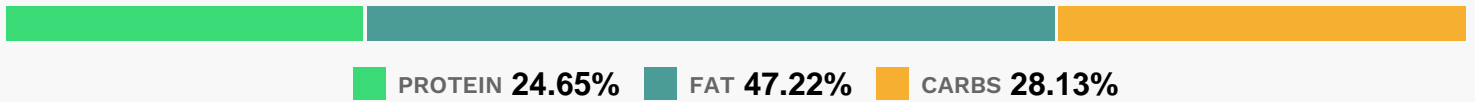
- bowl
- frying pan
- aluminum foil
- slotted spoon
- dutch oven

## Directions

- Watch how to make this recipe.
- Heat 2 tablespoons of the oil in a large Dutch oven over high heat.
- Sprinkle the chicken pieces on both sides with salt and pepper. Working in batches, place the chicken in the pan, skin-side down, and cook until golden brown, 3 to 4 minutes. Turn the chicken over and cook until golden brown, 2 to 3 minutes.
- Remove the chicken to a large plate.
- Add another tablespoon of the oil to the pan and heat until almost smoking.
- Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until they are golden brown and their liquid has evaporated, about 10 minutes.
- Remove to a plate.

- Add the remaining 1 tablespoon oil, the onions and the bell peppers to the pan and cook until soft, about 4 minutes.
- Add the garlic, serrano chiles and red pepper flakes, and cook for 1 minute. Stir in the wine and cook until almost completely reduced.
- Add the chicken broth, tomatoes, rosemary and thyme, and bring to a simmer. Return the dark meat and mushrooms to the pan, reduce the heat to medium-low, cover the pan and cook until the chicken is tender, about 30 minutes.
- Add the white meat to the pan, cover and continue cooking for 10 minutes.
- Remove the chicken with a slotted spoon to a large shallow bowl and tent it loosely with foil.
- Raise the heat under the pan to high and cook the liquid, stirring occasionally, until thickened to a sauce consistency, about 15 minutes.
- Season with salt, pepper and honey. Stir in the basil and capers, and pour the sauce over the chicken.
- Garnish with fresh basil sprigs.
- Serve over spaghetti and sprinkle with shaved Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:100.44, Glycemic Load:24.19, Inflammation Score:-10, Nutrition Score:47.646956526715%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg

## Nutrients (% of daily need)

Calories: 1040.06kcal (52%), Fat: 53.14g (81.76%), Saturated Fat: 15.64g (97.76%), Carbohydrates: 71.23g (23.74%), Net Carbohydrates: 63.26g (23%), Sugar: 18.82g (20.91%), Cholesterol: 163.28mg (54.43%), Sodium: 1035.47mg (45.02%), Alcohol: 6.3g (100%), Alcohol %: 0.86% (100%), Protein: 62.43g (124.85%), Vitamin C: 115.36mg (139.83%), Selenium: 95.54µg (136.49%), Vitamin B3: 22.43mg (112.16%), Phosphorus: 815.83mg (81.58%), Vitamin B6: 1.35mg (67.53%), Copper: 1.31mg (65.29%), Vitamin B2: 1.08mg (63.79%), Manganese: 1.12mg (56.17%), Potassium: 1808.09mg (51.66%), Calcium: 503.72mg (50.37%), Vitamin B5: 4.41mg (44.06%), Iron: 7.45mg (41.37%), Zinc: 6.02mg (40.16%), Vitamin E: 5.44mg (36.28%), Magnesium: 136.87mg (34.22%), Fiber: 7.97g (31.88%), Vitamin B1: 0.44mg (29.27%), Vitamin K: 30.61µg (29.16%), Vitamin A: 1238.97IU (24.78%), Folate: 97.23µg (24.31%), Vitamin B12: 1.18µg (19.7%), Vitamin D: 0.64µg (4.3%)