



Chicken Cacciatore

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil divided thinly sliced
- 14.5 ounce frangelico diced canned
- 2 tablespoons capers divided drained
- 4.5 pound chicken fat trimmed cut into 8 pieces, excess
- 12 ounces penne rigate cooked
- 8 ounces crimini mushrooms (baby bella)
- 0.5 cup wine dry red
- 1.5 tablespoons rosemary leaves fresh divided chopped

- 1 cup chicken broth
- 5 tablespoons olive oil divided
- 3 cups onion red thinly sliced
- 1.5 pounds plum tomatoes coarsely chopped (scant 4 cups)
- 2 tablespoons sherry vinegar

Equipment

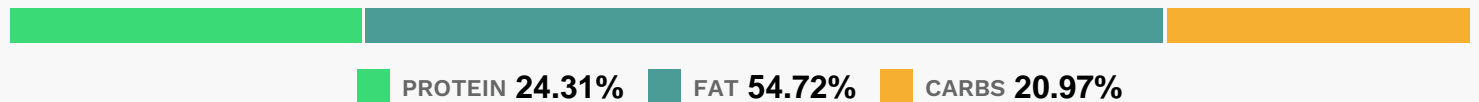
- bowl
- frying pan
- baking sheet
- oven
- knife

Directions

- Preheat oven to 400°F.
- Combine plum tomatoes, mushrooms, and onion in large bowl.
- Add 3 tablespoons oil and vinegar; toss to blend.
- Sprinkle generously with salt and pepper.
- Spread vegetable mixture in single layer on large rimmed baking sheet. Roast until onion slices are golden brown and all vegetables are tender, stirring frequently, about 50 minutes.
- Remove from oven and set aside. Reduce oven temperature to 350°F.
- Sprinkle chicken with salt, pepper, and 1 tablespoon rosemary.
- Heat remaining 2 tablespoons oil in heavy large deep ovenproof skillet over medium-high heat.
- Add chicken and sauté until golden brown, about 6 minutes per side.
- Transfer chicken to bowl.
- Add wine to skillet and boil until wine is reduced by half, scraping up browned bits, about 1 minute. Stir in canned tomatoes with juice, then broth and bring to boil. Reduce heat to medium and simmer 10 minutes to blend flavors. Return chicken to sauce in skillet.

- Place skillet in oven and roast uncovered until chicken is cooked through and juices run clear when pierced with knife, about 25 minutes.
- Remove skillet from oven. Stir in roasted vegetables, remaining 1/2 tablespoon rosemary, half of basil, and half of capers. Simmer over medium heat until vegetables are heated through. Season with salt and pepper.
- Place pasta in large shallow bowl. Top with chicken and sauce.
- Sprinkle remaining basil and capers over.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:10.81, Inflammation Score:-9, Nutrition Score:24.553043396577%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg

Nutrients (% of daily need)

Calories: 629.94kcal (31.5%), Fat: 37.43g (57.58%), Saturated Fat: 8.91g (55.69%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 28.14g (10.23%), Sugar: 7.41g (8.23%), Cholesterol: 122.47mg (40.82%), Sodium: 212.47mg (9.24%), Alcohol: 2.1g (100%), Alcohol %: 0.44% (100%), Protein: 37.41g (74.82%), Vitamin B3: 14.11mg (70.54%), Selenium: 48.75µg (69.64%), Vitamin B6: 0.84mg (41.8%), Phosphorus: 382.24mg (38.22%), Vitamin C: 24.56mg (29.77%), Potassium: 932.7mg (26.65%), Vitamin B2: 0.45mg (26.64%), Manganese: 0.52mg (26.21%), Vitamin A: 1263.45IU (25.27%), Vitamin K: 24.94µg (23.75%), Vitamin B5: 2.32mg (23.23%), Copper: 0.46mg (22.97%), Zinc: 3.24mg (21.58%), Vitamin E: 2.87mg (19.13%), Magnesium: 69.52mg (17.38%), Iron: 3.11mg (17.28%), Fiber: 4.15g (16.58%), Vitamin B1: 0.23mg (15.01%), Folate: 57.49µg (14.37%), Vitamin B12: 0.58µg (9.72%), Calcium: 65.48mg (6.55%), Vitamin D: 0.36µg (2.43%)