

Chicken Cacciatore

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



1061 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs boneless
- ☐ 35 ounce canned tomatoes whole such as san marnano tomato's canned
- ☐ 16 ounce pasta cooked
- ☐ 12 ounces caul fat
- ☐ 6 basil leaves fresh
- ☐ 2 cloves garlic chopped
- ☐ 3 cloves garlic mashed
- ☐ 1 bell pepper diced green

- ☐ 6 servings salt and ground pepper
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion chopped
- ☐ 0.5 onion diced
- ☐ 6 servings oregano dried

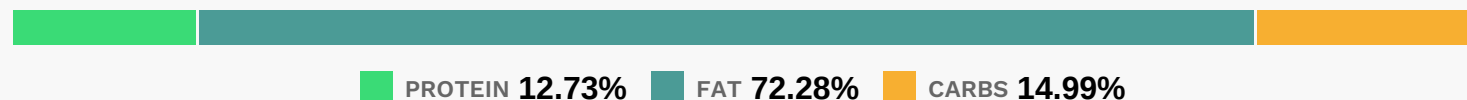
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Add the fatback to a skillet and heat over medium-high heat.
- ☐ Add the garlic, bell peppers and onions to the skillet. Cook until tender, about 6 minutes, stirring frequently.
- ☐ Add the chicken and cook until browned, about 4 minutes per side.
- ☐ Remove the chicken to a plate.
- ☐ Add Frank's Marinara Sauce, stirring to combine. Return the chicken to the skillet and simmer for 20 minutes, stirring occasionally.
- ☐ Serve over the linguine.
- ☐ In heavy pot, heat the oil. Then add the fatback (if using) and garlic and saute until golden brown.
- ☐ Remove the fatback, then add the onions and saute until soft, 2 to 3 minutes.
- ☐ Add the tomatoes (crush by hand into the pot). Bring to a boil, add salt to taste, reduce to a simmer and cook for 10 to 15 minutes.
- ☐ Add salt, pepper and oregano to taste.
- ☐ After finished, turn off the heat and add the basil.

Nutrition Facts



Properties

Glycemic Index:52.92, Glycemic Load:14.74, Inflammation Score:-9, Nutrition Score:26.580869799075%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 1061.46kcal (53.07%), Fat: 85.68g (131.81%), Saturated Fat: 26.51g (165.71%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 34.33g (12.48%), Sugar: 9.02g (10.02%), Cholesterol: 180.49mg (60.16%), Sodium: 343.93mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.9%), Selenium: 54.26µg (77.51%), Vitamin B3: 10.09mg (50.44%), Vitamin B6: 0.94mg (46.76%), Vitamin C: 33.45mg (40.54%), Phosphorus: 372.17mg (37.22%), Manganese: 0.73mg (36.41%), Potassium: 951.31mg (27.18%), Iron: 4.82mg (26.79%), Vitamin E: 3.99mg (26.61%), Vitamin K: 26.98µg (25.7%), Copper: 0.5mg (25.12%), Fiber: 5.66g (22.64%), Vitamin B5: 2.21mg (22.14%), Vitamin B1: 0.33mg (21.69%), Magnesium: 84.11mg (21.03%), Vitamin B2: 0.35mg (20.51%), Zinc: 3.05mg (20.33%), Vitamin B12: 1.07µg (17.83%), Vitamin D: 1.91µg (12.73%), Vitamin A: 594.62IU (11.89%), Calcium: 102.68mg (10.27%), Folate: 40.09µg (10.02%)