



Chicken Cacciatore

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion cut into wedges
- ☐ 4 servings pepper freshly ground
- ☐ 1 cup polenta instant

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 sprigs rosemary
- ☐ 2 pounds skin-on bone-in trimmed

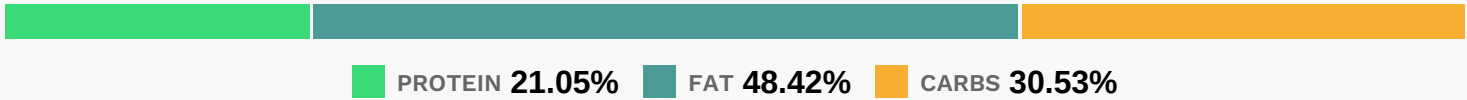
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Rinse the chicken and pat dry; sprinkle with 1 teaspoon salt, then toss with the flour.
- ☐ Heat the olive oil in a Dutch oven or deep skillet over medium-high heat.
- ☐ Add the chicken, skin-side down; cover and cook until browned, 5 to 6 minutes per side.
- ☐ Transfer to a plate and set aside.
- ☐ Add the onion, rosemary and red pepper flakes to the pot and cook, stirring occasionally, until the onion starts to brown, about 4 minutes.
- ☐ Add the wine, scraping up any browned bits from the bottom of the pot. Stir in the tomatoes and 1/2 cup water.
- ☐ Return the chicken to the pot, skin-side up. Cover and bring to a rapid simmer. Uncover, spoon the sauce over the chicken and continue simmering until cooked through, about 8 more minutes.
- ☐ Meanwhile, cook the polenta as the label directs; season with salt and pepper.
- ☐ Serve with the chicken.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:9.29, Inflammation Score:-8, Nutrition Score:27.000434751096%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 764.2kcal (38.21%), Fat: 40.21g (61.87%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 51.67g (18.79%), Sugar: 10.9g (12.12%), Cholesterol: 188.92mg (62.97%), Sodium: 612.02mg (26.61%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 39.35g (78.69%), Selenium: 46.92µg (67.03%), Vitamin B3: 12.42mg (62.11%), Vitamin B6: 1.09mg (54.36%), Phosphorus: 422.76mg (42.28%), Potassium: 1122.3mg (32.07%), Manganese: 0.59mg (29.57%), Vitamin B1: 0.42mg (28.28%), Vitamin B5: 2.8mg (28.01%), Iron: 4.9mg (27.22%), Vitamin E: 4mg (26.68%), Copper: 0.52mg (26.13%), Vitamin C: 21.06mg (25.53%), Vitamin B2: 0.43mg (25.27%), Magnesium: 96.18mg (24.04%), Zinc: 3.28mg (21.85%), Fiber: 5.39g (21.55%), Vitamin B12: 1.23µg (20.56%), Vitamin K: 19.62µg (18.69%), Vitamin A: 739.08IU (14.78%), Folate: 55.53µg (13.88%), Calcium: 98.28mg (9.83%), Vitamin D: 0.19µg (1.29%)