



Chicken Cacciatore

 Gluten Free

READY IN



67 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 pounds chicken thighs bone-in
- ☐ 0.5 cup celery chopped
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 4 garlic clove minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 1.3 cups tomatoes (such as McCutcheon's)
- ☐ 8 ounces mushrooms sliced

- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 1 ounce parmesan shaved
- ☐ 1.5 cups bell pepper red chopped
- ☐ 0.4 teaspoon salt divided

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and black pepper.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add 4 chicken thighs to pan; cook for 4 minutes on each side or until browned.
- ☐ Remove chicken from pan, and keep warm. Repeat procedure with 2 teaspoons olive oil and remaining chicken.
- ☐ Add the remaining 2 teaspoons olive oil to pan, and swirl to coat.
- ☐ Add bell peppers, 1 cup onion, celery, rosemary, minced garlic, and remaining 1/8 teaspoon salt; cook for 3 minutes, stirring frequently.
- ☐ Add mushrooms; cook for 6 minutes, stirring occasionally. Stir in marinara sauce; cook 1 minute.
- ☐ Spread vegetable mixture in bottom of a 13 x 9-inch glass or ceramic baking dish. Arrange chicken on top of the vegetable mixture.
- ☐ Bake at 350 for 30 minutes or until a thermometer inserted into chicken registers 16
- ☐ Sprinkle with cheese.

Nutrition Facts

 **PROTEIN 26.34%**  **FAT 63.99%**  **CARBS 9.67%**

Properties

Glycemic Index:66.75, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:34.133478351261%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 692.19kcal (34.61%), Fat: 49.59g (76.3%), Saturated Fat: 13.06g (81.62%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 12.45g (4.53%), Sugar: 9g (10%), Cholesterol: 240.97mg (80.32%), Sodium: 922.5mg (40.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.93g (91.85%), Vitamin C: 105.19mg (127.5%), Selenium: 53.16µg (75.94%), Vitamin B3: 14.86mg (74.28%), Vitamin B6: 1.29mg (64.61%), Phosphorus: 540.3mg (54.03%), Vitamin A: 2509.64IU (50.19%), Vitamin B2: 0.7mg (41.15%), Vitamin B5: 3.89mg (38.87%), Potassium: 1195.52mg (34.16%), Vitamin B12: 1.65µg (27.5%), Zinc: 3.98mg (26.53%), Vitamin E: 3.74mg (24.96%), Copper: 0.46mg (22.91%), Vitamin B1: 0.32mg (21.33%), Magnesium: 82.16mg (20.54%), Vitamin K: 20.6µg (19.62%), Manganese: 0.38mg (19.12%), Iron: 3.29mg (18.29%), Fiber: 4.42g (17.7%), Folate: 65.52µg (16.38%), Calcium: 143.63mg (14.36%), Vitamin D: 0.39µg (2.6%)