



Chicken Cacciatore

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 teaspoon pepper black
- ☐ 28 ounce canned tomatoes canned
- ☐ 1 carrots diced
- ☐ 1 celery stalk diced
- ☐ 3.5 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose

- ☐ 0.3 cup flat-leaf parsley fresh roughly chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 4 cloves garlic finely chopped
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion yellow roughly chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In a shallow bowl, combine the flour, 1 teaspoon of the salt, and 1/2 teaspoon of the pepper. Rinse the chicken and pat it dry with paper towels. Working in batches, lightly coat the chicken with the flour mixture, shaking off any excess.
- ☐ Heat the oil in a Dutch oven or large saucepan over medium heat.
- ☐ Add some of the chicken to the pan and cook until browned, 4 to 5 minutes per side.
- ☐ Transfer to a plate; set aside. Repeat with the remaining chicken.
- ☐ Add the onion to the pan and cook for 2 minutes.
- ☐ Add the carrot, celery, garlic, thyme, and bay leaf. Cook, stirring occasionally, for 10 minutes. Crush the tomatoes in the can with a large spoon and stir them into the vegetables along with the wine and the remaining salt and pepper. Bring to a simmer.
- ☐ Add the chicken, reduce heat, and cover. Simmer for 45 minutes, turning the pieces occasionally.
- ☐ Remove and discard the bay leaf. Stir in the parsley.

Nutrition Facts



 **PROTEIN 24.65%**  **FAT 59.05%**  **CARBS 16.3%**

Properties

Glycemic Index:89.46, Glycemic Load:9.83, Inflammation Score:-10, Nutrition Score:32.094347870868%

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 Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 662.46kcal (33.12%), Fat: 42.96g (66.09%), Saturated Fat: 10.2g (63.74%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 21.39g (7.78%), Sugar: 10.72g (11.91%), Cholesterol: 142.88mg (47.63%), Sodium: 1137.63mg (49.46%), Alcohol: 2.1g (100%), Alcohol %: 0.55% (100%), Protein: 40.35g (80.69%), Vitamin K: 86.11µg (82.01%), Vitamin B3: 16.12mg (80.58%), Vitamin A: 3601.48IU (72.03%), Vitamin B6: 1.07mg (53.37%), Selenium: 31.88µg (45.54%), Vitamin C: 31.41mg (38.07%), Phosphorus: 373.72mg (37.37%), Vitamin E: 5.14mg (34.29%), Manganese: 0.63mg (31.59%), Potassium: 1084.19mg (30.98%), Iron: 5.31mg (29.48%), Copper: 0.51mg (25.41%), Vitamin B5: 2.44mg (24.39%), Vitamin B1: 0.36mg (23.83%), Vitamin B2: 0.4mg (23.44%), Magnesium: 88.71mg (22.18%), Zinc: 3.27mg (21.78%), Fiber: 5.29g (21.14%), Folate: 66.24µg (16.56%), Calcium: 117.45mg (11.75%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)