



Chicken Cacciatore

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.3 pounds chicken thighs bone-in
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1.8 pounds skin-on chicken drumsticks bone-in
- ☐ 4 cups fettuccine barilla hot cooked
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 2 tablespoons garlic minced
- ☐ 1 bell pepper green vertically sliced
- ☐ 8 ounce mushrooms quartered
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion sliced
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 bell pepper red vertically sliced
- ☐ 0.5 teaspoon salt divided

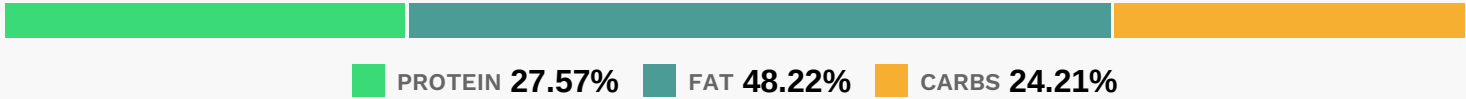
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of chicken to pan; cook 5 minutes on each side or until lightly browned.
- ☐ Place chicken in a 5-quart electric slow cooker coated with cooking spray. Repeat procedure with remaining chicken.
- ☐ Place mushrooms on top of chicken.
- ☐ Add garlic, onion, and bell peppers to pan; sprinkle vegetables with remaining 1/4 teaspoon salt. Reduce heat to medium, and cook 5 minutes or until vegetables are crisp-tender, stirring often.
- ☐ Add wine, scraping pan to loosen brown bits. Cook 1 minute. Stir in flour. Stir in oregano, thyme, and tomatoes.
- ☐ Pour tomato mixture over mushrooms in slow cooker. Cover and cook on LOW for 3 hours or until chicken is very tender.
- ☐ Serve over fettuccine.
- ☐ Sprinkle with additional thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:48.88, Glycemic Load:12.26, Inflammation Score:-10, Nutrition Score:26.822174056717%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 521.68kcal (26.08%), Fat: 27.61g (42.48%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 26.53g (9.65%), Sugar: 7.14g (7.93%), Cholesterol: 182.36mg (60.79%), Sodium: 436.46mg (18.98%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 35.53g (71.05%), Selenium: 50.95µg (72.79%), Vitamin B3: 11.36mg (56.81%), Vitamin C: 45.57mg (55.23%), Vitamin B6: 0.95mg (47.39%), Phosphorus: 404.53mg (40.45%), Manganese: 0.64mg (32%), Vitamin B2: 0.5mg (29.24%), Vitamin B5: 2.77mg (27.72%), Potassium: 908.14mg (25.95%), Zinc: 3.62mg (24.1%), Copper: 0.47mg (23.56%), Iron: 4.14mg (23.03%), Vitamin B1: 0.32mg (21.39%), Magnesium: 81.8mg (20.45%), Vitamin A: 965.72IU (19.31%), Vitamin K: 20.24µg (19.28%), Fiber: 4.66g (18.64%), Vitamin B12: 1.12µg (18.62%), Vitamin E: 2.46mg (16.43%), Folate: 51.98µg (12.99%), Calcium: 96.39mg (9.64%), Vitamin D: 0.28µg (1.89%)