



Chicken Cacciatore

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup prechopped bell pepper
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cremini mushrooms sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 teaspoon oregano dried

- ☐ 2 ounces parmigiano-reggiano cheese shaved
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 1.5 cups tomato-basil pasta sauce

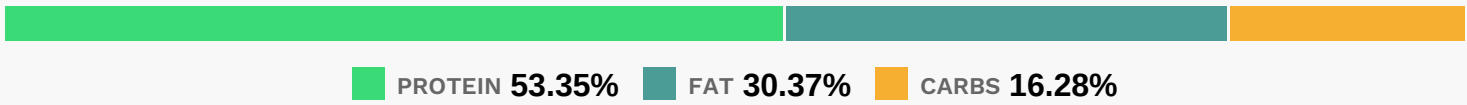
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken evenly with oregano, dried basil, and red pepper. Coat pan with cooking spray.
- ☐ Add chicken to pan; saut 2 minutes or until lightly browned, stirring frequently.
- ☐ Add mushrooms and bell pepper to pan; saut 5 minutes. Stir in pasta sauce and wine; bring to a simmer. Cover, reduce heat, and simmer 10 minutes. Stir in salt and black pepper.
- ☐ Sprinkle with cheese and fresh basil.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:21.451738844747%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 248.74kcal (12.44%), Fat: 7.9g (12.15%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 6.87g (2.5%), Sugar: 5.32g (5.91%), Cholesterol: 82.21mg (27.4%), Sodium: 685.83mg (29.82%), Alcohol: 1.58g (100%), Alcohol %: 0.78% (100%), Protein: 31.21g (62.43%), Selenium: 48.93µg (69.89%), Vitamin B3: 13.56mg (67.81%), Vitamin B6: 0.99mg (49.73%), Vitamin C: 39.56mg (47.96%), Phosphorus: 389.19mg (38.92%), Vitamin A: 1400.63IU (28.01%), Potassium: 819.51mg (23.41%), Vitamin B5: 2.32mg (23.19%), Vitamin B2: 0.37mg (21.58%), Calcium: 210.55mg (21.05%), Copper: 0.23mg (11.63%), Magnesium: 45.6mg (11.4%), Vitamin K: 11.58µg (11.02%), Fiber: 2.65g (10.61%), Zinc: 1.55mg (10.34%), Vitamin B1: 0.13mg (8.61%), Manganese: 0.17mg (8.47%), Iron: 1.43mg (7.97%), Folate: 29.69µg (7.42%), Vitamin B12: 0.43µg (7.21%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.22µg (1.47%)