



## Chicken Cacciatore

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**692 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 carrots peeled chopped (8 oz. total)
- ☐ 1 quart fat-skimmed chicken broth
- ☐ 1 teaspoon rosemary leaves dried fresh minced crumbled
- ☐ 2 cloves garlic minced peeled
- ☐ 3 cups mushrooms sliced
- ☐ 1 teaspoon olive oil

- ☐ 8 oz onion peeled chopped
- ☐ 4 servings parmesan cheese grated
- ☐ 1 tablespoon parsley chopped
- ☐ 1 cup polenta yellow (see notes)
- ☐ 4 servings salt and pepper
- ☐ 20 oz boned

## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Rinse chicken and pat dry; remove and discard excess fat.
- ☐ Pour olive oil into a 5- to 6-quart nonstick pan over high heat; when hot, add chicken and cook, turning once, until browned on both sides, 5 to 7 minutes total.
- ☐ Transfer to a plate.
- ☐ Add onion, carrots, mushrooms, and garlic to pan; stir often until mushrooms begin to brown, 8 to 10 minutes.
- ☐ Add tomatoes and their juices, tomato sauce, rosemary, and the chicken with any accumulated juices; bring to a simmer, cover, reduce heat to low, and cook for 5 minutes. Turn chicken over and simmer, covered, until no longer pink in center of thickest part (cut to test), about 5 minutes longer. Season to taste with salt and pepper.
- ☐ Meanwhile, in a 3- to 4-quart pan, stir broth and polenta until well blended. Bring to a boil over high heat, stirring often; reduce heat to low and stir often until polenta is creamy and smooth to bite, 8 to 12 minutes (about 3 minutes for cornmeal).
- ☐ Spoon polenta into wide bowls or onto rimmed plates. Top with equal portions of chicken and sauce; sprinkle with parsley.
- ☐ Add parmesan cheese and more salt and pepper to taste.

## Nutrition Facts



 PROTEIN **23.86%**  FAT **46.69%**  CARBS **29.45%**

Properties

Glycemic Index:70.33, Glycemic Load:21.07, Inflammation Score:-10, Nutrition Score:37.3000000004146%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 692.4kcal (34.62%), Fat: 36.38g (55.97%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 43.41g (15.79%), Sugar: 10.76g (11.95%), Cholesterol: 165.01mg (55%), Sodium: 2240.64mg (97.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.83g (83.67%), Vitamin A: 5917.38IU (118.35%), Selenium: 52.26µg (74.66%), Vitamin B3: 13.19mg (65.95%), Phosphorus: 656.39mg (65.64%), Vitamin B6: 1.15mg (57.62%), Vitamin B2: 0.8mg (46.81%), Potassium: 1327.46mg (37.93%), Vitamin B5: 3.6mg (35.99%), Calcium: 357.75mg (35.78%), Zinc: 5.19mg (34.61%), Fiber: 8.22g (32.88%), Manganese: 0.65mg (32.34%), Copper: 0.63mg (31.63%), Vitamin B12: 1.81µg (30.24%), Magnesium: 118.85mg (29.71%), Vitamin K: 29.41µg (28.01%), Vitamin B1: 0.42mg (27.8%), Vitamin C: 22.84mg (27.68%), Iron: 4.81mg (26.74%), Vitamin E: 2.49mg (16.57%), Folate: 65.66µg (16.41%), Vitamin D: 0.44µg (2.9%)