



Chicken Cacciatore (Hunter Style Chicken)



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



1155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups canned tomatoes with their juices, or 1 28 ounce can of plum tomatoes in their juice firm ripe peeled chopped
- ☐ 4 pound meat from a rotisserie chicken bone in , skin on trimmed cut into serving pieces, of excess fat (or 3 1/2 to 4 pounds of chicken thighs,)
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 medium onion thinly sliced

- ☐ 1 teaspoon oregano fresh dry chopped (or 2 teaspoons ,)
- ☐ 1 bell pepper green red seeded sliced into 1/4-inch wide slices
- ☐ 0.3 cup red wine
- ☐ 4 servings salt
- ☐ 1 teaspoon thyme leaves fresh dry chopped (or 2 teaspoons ,)

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse chicken and pat dry. Season the chicken pieces on all sides with salt.
- ☐ Heat olive oil in a large skillet on medium heat. Working in batches so that you don't crowd the pan, place the chicken pieces skin side down in the pan. Cook until nicely browned, about 5 minutes, then turn over and lightly brown the other side.
- ☐ Remove chicken to a bowl, set aside.
- ☐ Drain off all but 2 tablespoons of the rendered fat. If you have less than 2 Tbsp of fat in the pan, add more olive oil until you have about that much oil coating the pan. 2
- ☐ Add the sliced onions, bell peppers, and mushrooms to the pan. Increase the heat to medium high. Cook until the onions are translucent, and the mushrooms have given up most of their moisture, stirring frequently, about 10 minutes.
- ☐ Add the garlic to the pan and cook a minute more. 3
- ☐ Add the wine and scrape up any browned bits at the bottom of the pan. Simmer until the wine is reduced by half.
- ☐ Add the tomatoes. Stir in the pepper, thyme, oregano, and about a teaspoon of salt. Test and taste to adjust. Simmer uncovered for another 5 minutes.
- ☐ Place the chicken pieces on top of the tomatoes and onions, skin side up. Lower the heat and cover the skillet with the lid slightly ajar.4 Cook the chicken on a low simmer, turning and basting from time to time. Cook until the thighs are tender, about 30 to 40 minutes.

Nutrition Facts



 **PROTEIN 27.47%**  **FAT 65.45%**  **CARBS 7.08%**

Properties

Glycemic Index:50.5, Glycemic Load:4.03, Inflammation Score:-9, Nutrition Score:43.05043533574%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1154.76kcal (57.74%), Fat: 82.95g (127.61%), Saturated Fat: 21.39g (133.69%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 15.63g (5.68%), Sugar: 9.67g (10.75%), Cholesterol: 444.52mg (148.17%), Sodium: 749.52mg (32.59%), Alcohol: 2.12g (100%), Alcohol %: 0.36% (100%), Protein: 78.33g (156.66%), Selenium: 100.9µg (144.14%), Vitamin B3: 25.33mg (126.66%), Vitamin B6: 1.98mg (99.12%), Phosphorus: 855.6mg (85.56%), Vitamin B5: 5.97mg (59.68%), Vitamin B2: 0.98mg (57.9%), Potassium: 1763.44mg (50.38%), Vitamin C: 41.15mg (49.88%), Vitamin B12: 2.96µg (49.33%), Zinc: 6.86mg (45.73%), Copper: 0.84mg (41.9%), Vitamin B1: 0.54mg (35.86%), Magnesium: 132.62mg (33.15%), Iron: 5.84mg (32.47%), Manganese: 0.62mg (30.95%), Vitamin E: 4.07mg (27.12%), Vitamin K: 27.69µg (26.37%), Fiber: 4.56g (18.26%), Vitamin A: 823.78IU (16.48%), Folate: 57.34µg (14.34%), Calcium: 122.84mg (12.28%), Vitamin D: 0.51µg (3.4%)