



Chicken Cacciatore "Pronto"



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup tomatoes canned crushed
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons parsley fresh divided minced
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon salt

- ☐ 1 pound chicken thighs boneless skinless
- ☐ 0.5 cup water
- ☐ 1 cup water hot

Equipment



- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon
- ☐ cheesecloth

Directions

- ☐ Combine mushrooms and hot water in a bowl; cover and let stand 30 minutes.
- ☐ Remove mushrooms with slotted spoon. Finely chop mushrooms; set aside. Strain the soaking liquid into a bowl through a sieve lined with cheesecloth or paper towels. Discard solids; reserve soaking liquid.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until browned.
- ☐ Remove chicken from pan. Reduce heat to medium.
- ☐ Add garlic to pan; cook 2 minutes or until golden, stirring constantly.
- ☐ Add 2 tablespoons parsley; cook 30 seconds, stirring constantly.
- ☐ Add chopped mushrooms; cook 30 seconds, stirring constantly. Stir in the reserved soaking liquid, tomatoes, broth, and water; bring to a simmer. Return chicken to pan, and reduce heat to low. Cover and cook for 10 minutes or until the chicken is done.
- ☐ Remove chicken; keep warm. Increase heat to medium-high; cook until sauce is reduced to 1 cup (about 5 minutes). Spoon sauce over chicken; sprinkle with 1 tablespoon parsley.

Nutrition Facts



 PROTEIN **50.72%**  FAT **33.82%**  CARBS **15.46%**

Properties

Glycemic Index:33, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:16.252608597279%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 183.83kcal (9.19%), Fat: 6.91g (10.64%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.17g (2.41%), Cholesterol: 107.73mg (35.91%), Sodium: 865.29mg (37.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.67%), Vitamin K: 56.54µg (53.85%), Selenium: 28.49µg (40.71%), Vitamin B3: 7.6mg (38.02%), Vitamin B6: 0.64mg (32.11%), Phosphorus: 245.69mg (24.57%), Vitamin B5: 2.33mg (23.25%), Copper: 0.36mg (18.21%), Vitamin B2: 0.28mg (16.54%), Zinc: 2.19mg (14.63%), Potassium: 502.75mg (14.36%), Vitamin B12: 0.78µg (13.04%), Manganese: 0.22mg (11.09%), Vitamin C: 8.99mg (10.9%), Magnesium: 43.51mg (10.88%), Vitamin B1: 0.16mg (10.4%), Iron: 1.86mg (10.35%), Vitamin A: 379.06IU (7.58%), Vitamin E: 1.09mg (7.24%), Fiber: 1.48g (5.92%), Folate: 21.16µg (5.29%), Calcium: 39.52mg (3.95%)