



## Chicken Cacciatore Sicilian-Style

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 28 ounce canned tomatoes italian-style undrained chopped canned
- 0.3 cup capers
- 1 cup celery chopped
- 24 ounce skinned chicken breast halves
- 1 pound skin-on chicken drumsticks
- 1 pound chicken thighs
- 8 cups macaroni hot spiral-shaped cooked uncooked ( 12 ounces pasta)

- 0.5 cup basil fresh chopped
- 0.5 cup flat-leaf parsley fresh chopped
- 4 garlic cloves minced
- 0.3 cup olives green sliced
- 1 Dash ground pepper red
- 2 tablespoons olive oil divided
- 2 cups onion chopped
- 0.5 cup red wine vinegar
- 1 tablespoon sugar

## Equipment

- frying pan

## Directions

- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat until hot.
- Add chicken breasts to pan, and saut for 1 to 2 minutes on each side or until the chicken is lightly browned.
- Remove chicken breasts from pan.
- Add 1 1/2 teaspoons oil and remaining chicken, and saut for 1 to 2 minutes on each side or until chicken is lightly browned.
- Remove chicken from pan.
- Heat 1 tablespoon oil in pan.
- Add onion and garlic, and saut for 5 minutes.
- Add celery, and saut 5 minutes.
- Add basil and next 8 ingredients (basil through bay leaves). Return chicken to pan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Uncover and simmer 25 minutes or until chicken is tender. Discard bay leaves.
- Serve with pasta, and garnish with parsley sprigs, if desired.

## Nutrition Facts



■ PROTEIN **29.87%** ■ FAT **31.67%** ■ CARBS **38.46%**

## Properties

Glycemic Index:47.59, Glycemic Load:24.35, Inflammation Score:-8, Nutrition Score:30.363913007404%

## Flavonoids

Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 7.53mg, Kaempferol: 7.53mg, Kaempferol: 7.53mg, Kaempferol: 7.53mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 17.64mg, Quercetin: 17.64mg, Quercetin: 17.64mg, Quercetin: 17.64mg

## Nutrients (% of daily need)

Calories: 603.22kcal (30.16%), Fat: 21.04g (32.37%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 51.7g (18.8%), Sugar: 8.61g (9.57%), Cholesterol: 144.95mg (48.32%), Sodium: 546.84mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.66g (89.31%), Selenium: 83.33µg (119.04%), Vitamin K: 82.7µg (78.76%), Vitamin B3: 15.32mg (76.6%), Vitamin B6: 1.26mg (63%), Phosphorus: 466.11mg (46.61%), Manganese: 0.79mg (39.35%), Potassium: 1000.63mg (28.59%), Vitamin B5: 2.72mg (27.23%), Magnesium: 97.04mg (24.26%), Vitamin C: 19.56mg (23.71%), Fiber: 5.79g (23.16%), Copper: 0.46mg (22.99%), Zinc: 3.09mg (20.62%), Vitamin B2: 0.34mg (19.75%), Iron: 3.55mg (19.72%), Vitamin B1: 0.26mg (17.29%), Vitamin E: 2.48mg (16.51%), Vitamin A: 784.06IU (15.68%), Vitamin B12: 0.74µg (12.37%), Folate: 49.29µg (12.32%), Calcium: 86.47mg (8.65%), Vitamin D: 0.18µg (1.2%)