



 **34%**
HEALTH SCORE

Chicken Cacciatore Sicilian-Style

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



949 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 chicken breast halves
- 1 pound skin-on chicken drumsticks
- 1 pound strips.
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- 8 cups elbow macaroni hot spiral-shaped cooked uncooked (12 ounces pasta)
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- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 0.5 cup parsley fresh chopped
- 4 garlic minced
- 0.3 cup olive green sliced
- 1 Dash pepper red
- 2 tablespoons olive oil divided
- 2 cups onion chopped
- 0.5 cup red wine vinegar red
- 1 tablespoon sugar

Equipment

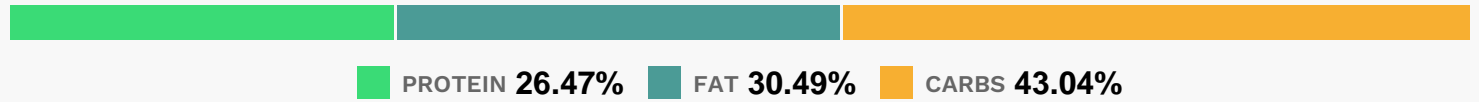
- frying pan

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



Properties

Glycemic Index:62.55, Glycemic Load:44.57, Inflammation Score:0, Nutrition Score:37.325652376465%

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: 948.93kcal (47.45%), Fat: 31.77g (48.87%), Saturated Fat: 7.64g (47.72%), Carbohydrates: 100.88g (33.63%), Net Carbohydrates: 92.55g (33.65%), Sugar: 9.4g (10.44%), Cholesterol: 200.51mg (66.84%), Sodium: 591.96mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.03g (124.06%), Selenium: 130.9µg (186.99%), Vitamin B3: 18.53mg (92.63%), Vitamin K: 90.13µg (85.83%), Vitamin B6: 1.53mg (76.26%), Phosphorus: 637.72mg (63.77%), Manganese: 1.27mg (63.27%), Vitamin B5: 3.46mg (34.59%), Potassium: 1182.8mg (33.79%), Magnesium: 133.98mg (33.49%), Fiber: 8.33g (33.34%), Copper: 0.63mg (31.73%), Zinc: 4.53mg (30.18%), Iron: 4.68mg (25.99%), Vitamin B2: 0.44mg (25.86%), Vitamin C: 19.82mg (24.02%), Vitamin B1: 0.33mg (21.98%), Vitamin B12: 1.1µg (18.41%), Vitamin A: 902.28IU (18.05%), Vitamin E: 2.69mg (17.92%), Folate: 61.8µg (15.45%), Calcium: 103.5mg (10.35%), Vitamin D: 0.24µg (1.58%)