



## Chicken Cacciatore Stew

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 29 ounce tomatoes diced with roasted garlic, undrained (we tested with contadina) canned
- 3 carrots sliced
- 32 ounce carton chicken broth
- 4 chicken leg-thigh combinations separated
- 12 servings garlicky herb croutons
- 8 ounce mushrooms fresh sliced
- 3 tablespoons thyme leaves fresh
- 2 garlic cloves minced

- 1 large bell pepper green chopped
- 2 tablespoons olive oil
- 1 large onion chopped
- 0.3 cup oregano leaves fresh
- 12 servings freshly parmesan cheese shredded
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 4 ounces pasta like spaghetti uncooked
- 1 cup water
- 0.5 cup white wine (with chardonnay)

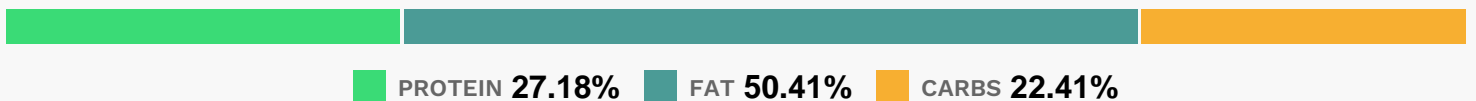
## Equipment

- dutch oven

## Directions

- Pour oil into a large Dutch oven. Brown chicken in hot oil over medium-high heat 4 minutes on each side; transfer chicken to a platter.
- Saut onion, carrot, green pepper, and garlic in Dutch oven 5 minutes or until tender.
- Add mushrooms; cook, stirring often, 3 minutes.
- Add chicken, chicken broth, and next 8 ingredients. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- Add spaghetti, and cook, covered, 12 more minutes. Discard bay leaves.
- Sprinkle stew with Parmesan cheese.
- Serve with Garlicky Herb Croutons.

## Nutrition Facts



## Properties

Glycemic Index:31.99, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:18.184348085652%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

## Nutrients (% of daily need)

Calories: 318.11kcal (15.91%), Fat: 17.62g (27.1%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 14.68g (5.34%), Sugar: 4.56g (5.07%), Cholesterol: 61.85mg (20.62%), Sodium: 1014.06mg (44.09%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 21.37g (42.74%), Vitamin A: 3061.83IU (61.24%), Calcium: 427.35mg (42.74%), Phosphorus: 344.31mg (34.43%), Selenium: 23.18µg (33.11%), Vitamin C: 22.67mg (27.48%), Vitamin B2: 0.36mg (21.2%), Vitamin B3: 4mg (20.02%), Manganese: 0.39mg (19.26%), Vitamin B6: 0.37mg (18.59%), Vitamin K: 16.45µg (15.66%), Iron: 2.5mg (13.89%), Zinc: 2.01mg (13.4%), Potassium: 468.4mg (13.38%), Magnesium: 49.01mg (12.25%), Fiber: 2.95g (11.8%), Copper: 0.23mg (11.28%), Vitamin B5: 1.08mg (10.77%), Vitamin B12: 0.62µg (10.39%), Vitamin B1: 0.15mg (9.88%), Vitamin E: 1.4mg (9.36%), Folate: 26.29µg (6.57%), Vitamin D: 0.23µg (1.54%)