



## Chicken Cacciatore 'Trapeze

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 29 ounce canned tomatoes red crushed canned
- 4 servings meat from a rotisserie chicken (8-piece)
- 2 cups chicken stock see
- 2 tablespoons basil leaves fresh chopped for garnish
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon grapeseed oil
- 1 tablespoon seasoning or dried italian

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- 1 bell pepper diced red seeds removed and
- 1 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 6 ounces mushrooms white cleaned trimmed sliced
- 1 large onion diced white
- 1 cup rice white

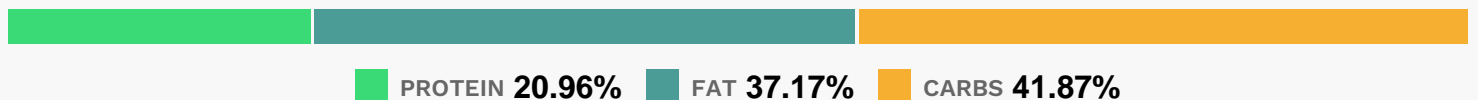
## Equipment

- frying pan
- pot

## Directions

- Heat the grapeseed oil in a large saute pan over medium heat. Season chicken with salt and pepper and sear on all sides.
- Remove briefly to a utility platter. To the same saute pan in which the chicken was cooked, add onion, bell pepper, and mushrooms and saute until the onions become translucent.
- Add tomatoes, parsley, and basil, Italian seasoning, and return the chicken to the saute pan. Cover and let simmer until the chicken is fork tender, about 25 to 35 minutes.;
- For the rice:Bring chicken stock to a boil.
- Add rice, salt, butter and Italian seasoning to the pot of boiling chicken stock, return to a boil, cover and let simmer for 20 minutes.
- Remove pot from heat and let stand for an additional 5 minutes covered before removing lid.
- Place some rice in the middle of a serving dish and top with chicken, vegetables and sauce.
- Garnish with basil sprigs.;

## Nutrition Facts



## Properties

Glycemic Index:109.55, Glycemic Load:27.98, Inflammation Score:-9, Nutrition Score:33.832174083461%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

## Nutrients (% of daily need)

Calories: 604.98kcal (30.25%), Fat: 25.37g (39.03%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 57.26g (20.82%), Sugar: 14.77g (16.41%), Cholesterol: 92.49mg (30.83%), Sodium: 1131.46mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.36%), Vitamin C: 65.51mg (79.41%), Vitamin B3: 14.51mg (72.57%), Vitamin K: 62.65µg (59.67%), Manganese: 1.12mg (55.89%), Vitamin B6: 1.03mg (51.74%), Selenium: 30.78µg (43.96%), Copper: 0.77mg (38.47%), Vitamin A: 1868.6IU (37.37%), Phosphorus: 371.31mg (37.13%), Potassium: 1277.55mg (36.5%), Vitamin B2: 0.58mg (34.2%), Vitamin E: 4.9mg (32.64%), Iron: 5.5mg (30.58%), Vitamin B5: 2.84mg (28.36%), Fiber: 7.04g (28.18%), Vitamin B1: 0.37mg (24.45%), Magnesium: 96.93mg (24.23%), Zinc: 3.09mg (20.6%), Folate: 78.96µg (19.74%), Calcium: 144.47mg (14.45%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.3µg (2.01%)