



Chicken Cacciatore with Red Wine

READY IN



40 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving salt
- 1 serving bell pepper
- 4 chicken breast boneless skinless
- 0.3 cup flour all-purpose
- 3 tablespoons olive oil
- 2 tablespoons butter
- 1 medium onion chopped
- 1 medium bell pepper red seeded chopped
- 3 cloves garlic finely chopped

- 1 cup red wine (Chianti, Cabernet or Merlot)
- 28 oz canned tomatoes crushed canned
- 1 cup chicken broth (from 32-oz carton)
- 1 teaspoon oregano dried
- 2 tablespoons basil fresh julienned

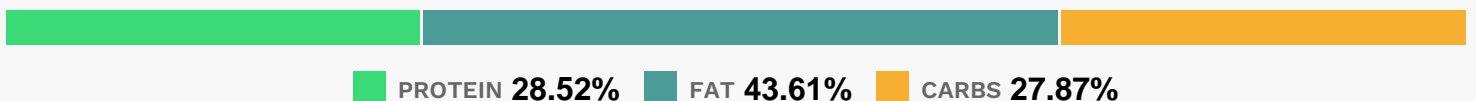
Equipment

- dutch oven

Directions

- Sprinkle salt and pepper over chicken breasts; coat chicken with flour. In Dutch oven, heat oil over medium-high heat.
- Add chicken; cook until browned on both sides.
- Remove chicken from Dutch oven; place on plate. Set aside.
- In same Dutch oven, melt butter over medium heat.
- Add onion, bell pepper and garlic; cook and stir 5 minutes.
- Add red wine; cook until reduced in half.
- Stir in tomatoes, broth and oregano.
- Place chicken over tomatoes.
- Heat to boiling. Reduce heat to medium-low; simmer about 20 minutes or until juice of chicken is clear when center of thickest part is cut (165°F).
- Serve chicken over mashed potatoes or spaghetti, spooning sauce over chicken.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:31.425651840542%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 446.78kcal (22.34%), Fat: 20.07g (30.88%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 23.12g (8.41%), Sugar: 12.63g (14.03%), Cholesterol: 88.54mg (29.52%), Sodium: 710.8mg (30.9%), Alcohol: 6.36g (100%), Alcohol %: 1.51% (100%), Protein: 29.53g (59.06%), Vitamin C: 84.46mg (102.38%), Vitamin B3: 15.49mg (77.46%), Vitamin B6: 1.39mg (69.52%), Selenium: 40.96µg (58.51%), Vitamin A: 2214.49IU (44.29%), Potassium: 1256.97mg (35.91%), Phosphorus: 352.37mg (35.24%), Manganese: 0.7mg (35.17%), Vitamin E: 5.27mg (35.13%), Vitamin K: 27.6µg (26.28%), Vitamin B5: 2.43mg (24.34%), Iron: 4.26mg (23.65%), Fiber: 5.74g (22.96%), Vitamin B1: 0.34mg (22.84%), Copper: 0.45mg (22.65%), Magnesium: 89.82mg (22.46%), Vitamin B2: 0.36mg (21.46%), Folate: 74.83µg (18.71%), Calcium: 106.8mg (10.68%), Zinc: 1.59mg (10.62%), Vitamin B12: 0.25µg (4.16%)