



Chicken Cacciatore with Red Wine

READY IN



40 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons basil fresh julienned
- ☐ 3 cloves garlic finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 4 servings bell pepper
- ☐ 1 medium bell pepper red seeded chopped
- ☐ 1 cup red wine (Chianti, Cabernet or Merlot)
- ☐ 4 servings salt
- ☐ 4 chicken breast boneless skinless

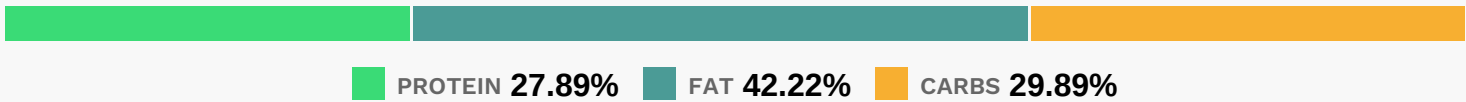
Equipment

- ☐ 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 (165F).
- ☐ Serve chicken over mashed potatoes or spaghetti, spooning sauce over chicken.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:10.72, Inflammation Score:-10, Nutrition Score:35.118695507879%

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: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 461.31kcal (23.07%), Fat: 20.24g (31.14%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 25.31g (9.21%), Sugar: 14.97g (16.64%), Cholesterol: 88.54mg (29.51%), Sodium: 858.38mg (37.32%), Alcohol: 6.36g (100%), Alcohol %: 1.36% (100%), Protein: 30.08g (60.17%), Vitamin C: 155.98mg (189.07%), Vitamin B3: 16.04mg (80.19%), Vitamin A: 3963.94IU (79.28%), Vitamin B6: 1.55mg (77.65%), Selenium: 41.01µg (58.59%), Vitamin E: 6.15mg (41.01%), Potassium: 1374.9mg (39.28%), Manganese: 0.77mg (38.32%), Phosphorus: 366.89mg (36.69%), Vitamin K: 30.33µg (28.89%), Fiber: 6.91g (27.66%), Vitamin B5: 2.61mg (26.12%), Folate: 100.54µg (25.13%), Iron: 4.5mg (25%), Vitamin B1: 0.37mg (24.86%), Vitamin B2: 0.41mg (24.26%), Magnesium: 96.53mg (24.13%), Copper: 0.46mg (23.13%), Zinc: 1.73mg (11.55%), Calcium: 110.8mg (11.08%), Vitamin B12: 0.25µg (4.16%)