



Chicken Cacciatore with Rigatoni

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes whole chopped canned
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves sliced
- ☐ 2 cups mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 4 cups rigatoni pasta cooked
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 1 tablespoon tomato paste

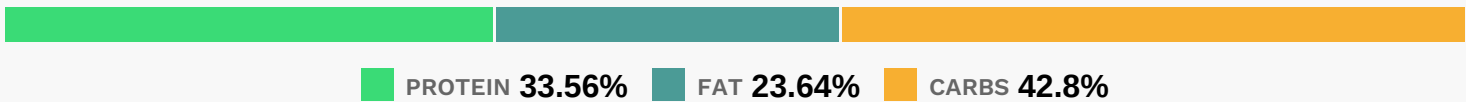
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat. add chicken to skillet and brown until golden, turning once, 3 minutes per side.
- ☐ Remove chicken from pan and reserve.
- ☐ Reduce heat to medium; add onion and cook until soft and translucent, 6–7 minutes. add garlic and cook 1 minute. add mushrooms and oregano and cook until mushrooms release their water, 5 minutes.
- ☐ Add tomatoes with juices, tomato paste, wine, salt, and pepper; simmer until slightly reduced, 5 minutes. Return chicken to skillet; spoon with some of sauce. Reduce heat to medium-low, cover, and simmer until chicken is cooked through, 20–25 minutes.
- ☐ Remove from heat; transfer chicken to a plate.
- ☐ Toss pasta with sauce in a large bowl. place 1 cup pasta with sauce in each of 4 serving bowls. top with 2 chicken thighs, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:15.62, Inflammation Score:-9, Nutrition Score:22.243913241055%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 370.62kcal (18.53%), Fat: 9.4g (14.47%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 34.65g (12.6%), Sugar: 3.28g (3.64%), Cholesterol: 107.73mg (35.91%), Sodium: 285.38mg (12.41%), Alcohol: 1.58g (100%), Alcohol %: 0.39% (100%), Protein: 30.04g (60.07%), Selenium: 57.33µg (81.91%), Vitamin K: 75.49µg (71.89%), Vitamin B3: 8.75mg (43.75%), Vitamin B6: 0.7mg (34.96%), Phosphorus: 331.44mg (33.14%), Manganese: 0.55mg (27.26%), Vitamin B2: 0.44mg (25.94%), Vitamin B5: 2.28mg (22.77%), Iron: 3.38mg (18.78%), Copper: 0.37mg (18.29%), Zinc: 2.67mg (17.77%), Potassium: 605.46mg (17.3%), Magnesium: 59.05mg (14.76%), Fiber: 3.66g (14.64%), Vitamin B1: 0.19mg (12.5%), Vitamin B12: 0.74µg (12.42%), Vitamin C: 9.87mg (11.97%), Vitamin A: 426.88IU (8.54%), Folate: 34.17µg (8.54%), Vitamin E: 1.21mg (8.07%), Calcium: 57.66mg (5.77%)