



Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes crushed canned
- ☐ 3.5 pound meat from a rotisserie chicken skinless cut into small pieces
- ☐ 3 cloves garlic sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings olive oil as needed
- ☐ 3 onions sliced
- ☐ 4 bell peppers green red cored seeded sliced
- ☐ 4 servings water as needed

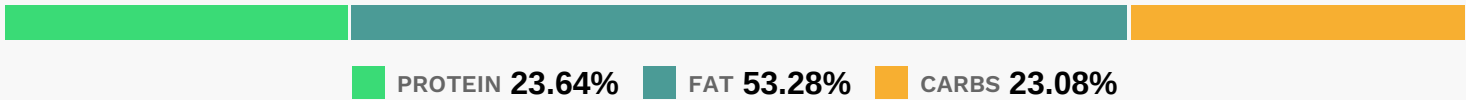
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Arrange the chicken in a 9 by 13-inch baking pan. Coat the chicken with a little oil and season with salt and pepper.
- ☐ Bake the chicken until lightly browned, about 20 to 30 minutes.
- ☐ Remove the pan from the oven and drain off some of the fat.
- ☐ Add the peppers, onion, garlic, and tomatoes (you may not need all of the tomatoes--adjust to taste), and mix to combine. Continue baking the chicken until well browned and tender. I usually turn the chicken during the baking time.
- ☐ Add more water if sauce is too thick. Skim top if necessary, but since you've skinned and drained the chicken already, you shouldn't have to skim much.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:10.4, Inflammation Score:-9, Nutrition Score:40.92000003483%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg

Nutrients (% of daily need)

Calories: 720.76kcal (36.04%), Fat: 44.1g (67.85%), Saturated Fat: 10.41g (65.05%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 31.93g (11.61%), Sugar: 23.84g (26.49%), Cholesterol: 142.88mg (47.63%), Sodium:

676.64mg (29.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.03g (88.06%), Vitamin C: 142.05mg (172.18%), Vitamin B3: 18.49mg (92.45%), Vitamin B6: 1.66mg (82.79%), Vitamin E: 8.01mg (53.39%), Manganese: 1.06mg (53.22%), Potassium: 1862.15mg (53.2%), Copper: 0.97mg (48.72%), Phosphorus: 458.38mg (45.84%), Fiber: 11.04g (44.16%), Selenium: 30.55µg (43.65%), Iron: 7.58mg (42.1%), Vitamin K: 41.66µg (39.68%), Magnesium: 140.73mg (35.18%), Vitamin B1: 0.52mg (34.82%), Vitamin A: 1562.73IU (31.25%), Vitamin B5: 3.07mg (30.71%), Vitamin B2: 0.49mg (29.01%), Zinc: 3.91mg (26.09%), Folate: 90.69µg (22.67%), Calcium: 198.53mg (19.85%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)