



Chicken Catch Me (aka Chicken Cacciatore)

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz tomato sauce canned
- ☐ 3 cups egg noodles cooked
- ☐ 2 tbsp olive oil extra virgin divided ()
- ☐ 2 tbsp basil dried fresh chopped (or 1 tbsp)
- ☐ 1 tsp garlic powder
- ☐ 1 cup flour gluten free (for use GF flour substitute)
- ☐ 1 bell pepper diced green seeded
- ☐ 14 oz roma tomatoes diced italian canned

- ☐ 1 small onion chopped
- ☐ 2 tbsp oregano dried fresh chopped (or 1 tbsp)
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper
- ☐ 2 lbs chicken thighs boneless skinless
- ☐ 1 tbsp sugar
- ☐ 6 oz canned tomatoes canned

Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chicken Catch Me (aka Chicken Cacciatore)
- ☐ Ingredients2 lbs boneless skinless chicken thighs1 cup flour (for gluten free use GF flour substitute)1 tsp garlic powder2 cans (14 oz) diced Italian tomatoes1 can (14 oz) tomato sauce1 small can (6 oz) tomato paste1/3 cup red wine1 tbsp sugar2 tbsp fresh chopped oregano (or 1 tbsp dried)2 tbsp fresh basil, chopped (or 1 tbsp dried)2 tbsp extra virgin olive oil (divided)1 small onion, chopped1 green bell pepper, seeded and diced8 oz. sliced mushrooms (optional)Salt and pepper3 cups cooked wide egg noodles or cooked rice
- ☐ Fresh chopped basil for garnish (optional)You will also needmedium mixing bowl, large saute pan, skillet
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 45 – 55 Minutes
- ☐ Total Time: 1 – 1 Hour 10 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Meat

Nutrition Facts

PROTEIN 31.8% FAT 26.35% CARBS 41.85%

Properties

Glycemic Index:50.52, Glycemic Load:13.76, Inflammation Score:-9, Nutrition Score:28.359999791436%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 472.36kcal (23.62%), Fat: 13.81g (21.25%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 42.2g (15.34%), Sugar: 9.5g (10.55%), Cholesterol: 166.84mg (55.61%), Sodium: 690.21mg (30.01%), Alcohol: 1.41g (100%), Alcohol %: 0.38% (100%), Protein: 37.52g (75.04%), Selenium: 54.2µg (77.43%), Vitamin B3: 10.45mg (52.26%), Vitamin K: 53.42µg (50.88%), Vitamin B6: 0.98mg (49.1%), Phosphorus: 405.48mg (40.55%), Vitamin C: 33.17mg (40.2%), Manganese: 0.77mg (38.35%), Iron: 5.77mg (32.05%), Fiber: 7.18g (28.72%), Potassium: 972.55mg (27.79%), Vitamin B5: 2.44mg (24.37%), Magnesium: 94.76mg (23.69%), Vitamin B2: 0.39mg (23.22%), Zinc: 3.38mg (22.56%), Vitamin E: 3.29mg (21.92%), Vitamin A: 1064.88IU (21.3%), Copper: 0.39mg (19.71%), Vitamin B12: 1.04µg (17.33%), Vitamin B1: 0.25mg (16.36%), Calcium: 128.6mg (12.86%), Folate: 44.39µg (11.1%)