

Chicken Fricasse

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon chopped
- 8 oz tomato sauce canned
- 14 oz canned tomatoes diced undrained canned
- 1 Tbsp capers
- 1 cube chicken bouillon
- 3 lb chicken pieces
- 0.5 cup cooking wine dry white
- 3 cloves garlic minced

- 1 large bell pepper green coarsely chopped
- 0.5 tsp ground pepper black
- 1 large onion coarsely chopped
- 1.5 tsp oregano leaves dried
- 15 pimento-stuffed olives green
- 1 lb potatoes peeled quartered

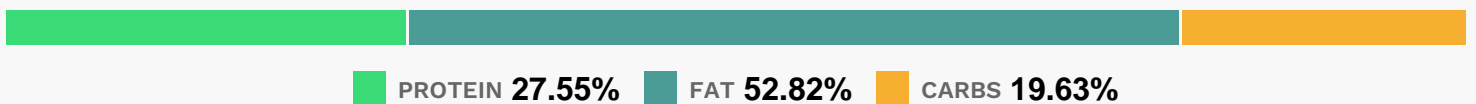
Equipment

- dutch oven

Directions

- Cook onions, green peppers, bacon and garlic in Dutch oven on medium-high heat 2 min., stirring occasionally.
- Add chicken; cook 10 min., turning chicken occasionally.
- Add tomatoes with their liquid, the tomato sauce, wine, olives, bouillon, capers, oregano and black pepper; stir. Bring to boil; cover. Reduce heat to medium-low; simmer 20 min.
- Stir in potatoes; cover. Cook an additional 15 min. or until potatoes are tender and chicken is cooked through (180F).

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:8.37, Inflammation Score:-7, Nutrition Score:16.283043322356%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 368.42kcal (18.42%), Fat: 21.04g (32.37%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 14.27g (5.19%), Sugar: 4.13g (4.59%), Cholesterol: 90.38mg (30.13%), Sodium: 475.78mg (20.69%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 24.69g (49.38%), Vitamin B3: 9.51mg (47.53%), Vitamin C: 37.89mg (45.93%), Vitamin B6: 0.77mg (38.3%), Selenium: 18.52µg (26.46%), Phosphorus: 242.42mg (24.24%), Potassium: 733.58mg (20.96%), Manganese: 0.3mg (14.85%), Vitamin B5: 1.46mg (14.61%), Iron: 2.62mg (14.55%), Magnesium: 54.56mg (13.64%), Fiber: 3.32g (13.27%), Vitamin B2: 0.23mg (13.26%), Zinc: 1.98mg (13.22%), Vitamin B1: 0.18mg (12.33%), Copper: 0.23mg (11.38%), Vitamin E: 1.56mg (10.4%), Vitamin A: 459.61IU (9.19%), Vitamin K: 9.39µg (8.94%), Folate: 29.62µg (7.41%), Vitamin B12: 0.39µg (6.43%), Calcium: 59.18mg (5.92%), Vitamin D: 0.25µg (1.69%)