



Chicken Stemperata: Stemperata di Pollo



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots peeled thinly sliced into 1/ rounds
- ☐ 1 stick celery cut into large pieces
- ☐ 3.5 pound c1 chicken cleaned cut into 8 serving servings, and breast cut in 2 pieces
- ☐ 1 pinch chile flakes
- ☐ 5 chiles whole
- ☐ 1.5 cups cooking wine dry red
- ☐ 2 small eggplants unpeeled cut into large cubes
- ☐ 0.3 bunch mint leaves and parsley leaves fresh chopped

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup sicilian olives whole green pitted the variety
- ☐ 2 orange peppers red yellow cored seeded cut into medium strips
- ☐ 4 plum tomatoes fresh cut into large pieces
- ☐ 2 medium russet potatoes peeled cut into large cubes
- ☐ 2 tablespoons salt capers packed rinsed drained
- ☐ 4 servings salt and pepper black freshly ground

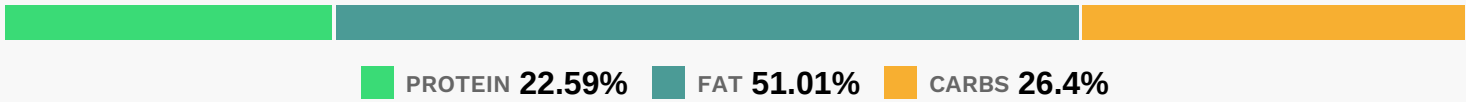
Equipment

- ☐ frying pan

Directions

- ☐ Pat the cleaned chicken dry, and then season the pieces with salt and pepper. In a 12 to 14-inch saute pan, heat 3 tablespoons olive oil until hot but not smoking. Carefully add the chicken pieces and brown on both sides, about 5 minutes per side.
- ☐ Remove chicken from the pan and set aside.
- ☐ In the pan with the chicken drippings add potatoes, peppers, celery, eggplant, carrot, capers, olives, tomatoes and whole chiles. Toss together.
- ☐ Add the wine and chicken, season with salt and pepper and bring to a boil. Cover, lower the heat to a simmer and cook for about 15 minutes until chicken is cooked through.
- ☐ Remove from the heat and stir in chopped mint, parsley and a pinch of chili flakes.
- ☐ Transfer the cooked stew to a serving dish and allow to cool to room temperature before serving.
- ☐ Drizzle with extra-virgin olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:85.15, Glycemic Load:21.37, Inflammation Score:-10, Nutrition Score:41.413043188012%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 199.99mg, Delphinidin: 199.99mg, Delphinidin: 199.99mg, Delphinidin: 199.99mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 806.5kcal (40.32%), Fat: 42.92g (66.03%), Saturated Fat: 10.2g (63.75%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 37.27g (13.55%), Sugar: 17.53g (19.48%), Cholesterol: 142.88mg (47.63%), Sodium: 3935.04mg (171.09%), Alcohol: 9.45g (100%), Alcohol %: 1.38% (100%), Protein: 42.76g (85.51%), Vitamin C: 181.83mg (220.4%), Vitamin A: 8460.48IU (169.21%), Vitamin B6: 1.79mg (89.49%), Vitamin B3: 17.58mg (87.88%), Potassium: 1916.94mg (54.77%), Manganese: 1.06mg (52.81%), Fiber: 12.72g (50.87%), Phosphorus: 462.29mg (46.23%), Selenium: 29.13µg (41.61%), Vitamin K: 42.18µg (40.17%), Vitamin E: 5.33mg (35.51%), Folate: 136.54µg (34.13%), Magnesium: 128.67mg (32.17%), Vitamin B5: 3.17mg (31.69%), Vitamin B2: 0.48mg (28.52%), Vitamin B1: 0.41mg (27.51%), Copper: 0.55mg (27.42%), Iron: 4.47mg (24.83%), Zinc: 3.68mg (24.52%), Calcium: 99.89mg (9.99%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)