



Chicken with Sweet Peppers: Pollo con Peperoni



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3.5 pound meat from a rotisserie chicken dry rinsed
- ☐ 1.5 ounces porcini dried hot drained to cover, , liquid reserved
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 bunch flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 pound tomatoes ripe
- ☐ 4 a combination of both red yellow
- ☐ 4 a combination of both red yellow

Equipment

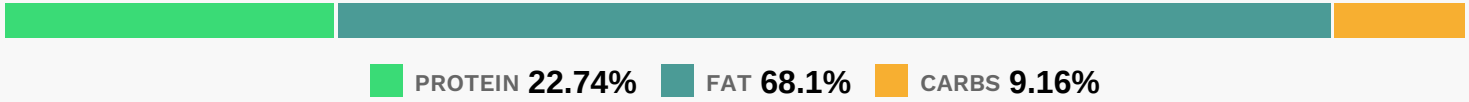
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut the chicken into 8 serving portions (4 breast pieces, 2 thighs, 2 drumsticks). Generously salt and pepper each piece.
- ☐ In a 12-inch saute pan, heat 3 tablespoons olive oil over a medium-high flame until hot but not smoking. Working in batches if necessary so as not to crowd the pan, brown the chicken pieces, skin-side first, until all the pieces are golden brown on both sides, about 3 to 4 minutes per side.
- ☐ Remove from the heat.
- ☐ In a 14-inch saucepan, heat the remaining 3 tablespoons olive oil over a medium-high flame until hot but not smoking.
- ☐ Add the garlic and bay leaf and let cook until the garlic is soft and light golden brown, about 5 minutes.
- ☐ Add the chopped onion and continue cooking another 5 minutes.
- ☐ Clean the bell pepper, removing any seeds and interior ribs.
- ☐ Cut into 1-inch wide strips.
- ☐ Add the pepper strips and the wine to the onion mixture and continue cooking at a boil for 15 more minutes, letting the wine evaporate.
- ☐ Add the porcini mushrooms.
- ☐ Roughly chop the tomatoes, removing any seeds, and add the tomatoes to the pan with the peppers and onions. Season, to taste, with salt and pepper. Cook until the tomatoes begin to soften, about 5 minutes more.

- ☐
- Add the browned chicken, skin side up, to the pan with the tomatoes and peppers. Begin adding the reserved porcini liquid, bit by bit, to keep the pan moist.
- ☐
- Let simmer until the chicken is cooked through, about 6 to 7 minutes.
- ☐
- Serve immediately, the chicken atop the pepper mixture, with a sprinkle of chopped parsley.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:27.767825707145%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 701.12kcal (35.06%), Fat: 50g (76.93%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.48g (4.54%), Sugar: 3.54g (3.93%), Cholesterol: 142.88mg (47.63%), Sodium: 146.24mg (6.36%), Alcohol: 6.18g (100%), Alcohol %: 2.09% (100%), Protein: 37.57g (75.14%), Vitamin K: 137.36µg (130.81%), Vitamin B3: 14.99mg (74.95%), Selenium: 32.65µg (46.64%), Vitamin B6: 0.89mg (44.71%), Vitamin B5: 4.21mg (42.05%), Copper: 0.7mg (35.07%), Phosphorus: 349.15mg (34.92%), Vitamin C: 22.94mg (27.81%), Vitamin A: 1341.94IU (26.84%), Vitamin E: 3.96mg (26.42%), Zinc: 3.61mg (24.08%), Vitamin B2: 0.4mg (23.47%), Potassium: 784.42mg (22.41%), Manganese: 0.37mg (18.51%), Magnesium: 71.07mg (17.77%), Iron: 2.86mg (15.9%), Folate: 54µg (13.5%), Vitamin B1: 0.19mg (12.7%), Fiber: 2.65g (10.61%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.8µg (5.3%), Calcium: 51.57mg (5.16%)