



## Classic Chicken Cacciatore

READY IN



80 min.

SERVINGS



6

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.5 lb chicken whole
- 0.5 cup flour all-purpose
- 0.3 cup vegetable oil
- 1 medium bell pepper green
- 2 medium onion
- 14.5 oz canned tomatoes diced organic undrained canned
- 8 oz tomato sauce canned
- 3 oz mushrooms fresh sliced
- 1.5 teaspoons oregano dried fresh chopped

- 1 teaspoon basil dried fresh chopped
- 0.5 teaspoon salt
- 2 cloves garlic finely chopped
- 1 serving parmesan cheese grated

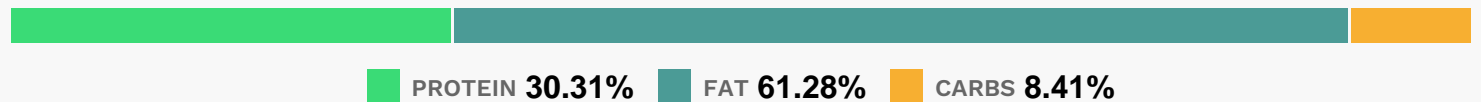
## Equipment

- frying pan

## Directions

- Coat chicken with flour. In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 15 to 20 minutes or until brown on all sides; drain.
- Cut bell pepper and onions crosswise in half; cut each half into fourths.
- Stir bell pepper, onions and remaining ingredients except cheese into chicken in skillet.
- Heat to boiling; reduce heat. Cover and simmer 30 to 40 minutes or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- Serve with cheese.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:8.82, Inflammation Score:-9, Nutrition Score:35.221304541049%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

## Nutrients (% of daily need)

Calories: 1014.4kcal (50.72%), Fat: 68.42g (105.27%), Saturated Fat: 18.69g (116.8%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 17.58g (6.39%), Sugar: 6.74g (7.48%), Cholesterol: 290.11mg (96.7%), Sodium: 821.01mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.16g (152.32%), Vitamin B3: 28.43mg (142.16%), Selenium: 62.46µg (89.22%), Vitamin B6: 1.61mg (80.25%), Phosphorus: 664.69mg (66.47%), Vitamin C: 34.33mg

(41.61%), Vitamin B5: 4.13mg (41.25%), Vitamin B2: 0.66mg (39.08%), Zinc: 5.75mg (38.32%), Potassium: 1201.52mg (34.33%), Vitamin K: 34.82µg (33.16%), Iron: 5.76mg (31.99%), Vitamin B1: 0.41mg (27.66%), Magnesium: 109.33mg (27.33%), Vitamin E: 3.51mg (23.4%), Copper: 0.45mg (22.55%), Manganese: 0.45mg (22.51%), Vitamin B12: 1.25µg (20.91%), Vitamin A: 971.6IU (19.43%), Folate: 67.62µg (16.91%), Fiber: 3.55g (14.19%), Calcium: 140.75mg (14.08%), Vitamin D: 0.82µg (5.44%)