



WHATSheATE



HEALTH SCORE

67%

Easy Chicken Cacciatore



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves dried fresh chopped
- ☐ 8 oz mushrooms fresh sliced 3 cups
- ☐ 2 cloves garlic finely chopped
- ☐ 20 oz chicken thighs boneless skinless
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 18 oz recipe tomato cooking sauce fire roasted canned

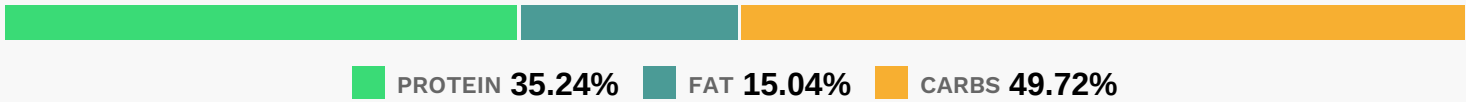
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ In 10-inch nonstick skillet, heat 1 tablespoon vegetable oil over medium-high heat.
- ☐ Add chicken thighs; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper. Cook chicken 3 to 4 minutes on each side.
- ☐ Remove chicken from pan; set aside. Reduce heat to medium.
- ☐ In same skillet, add mushrooms and garlic. Cover and cook about 5 minutes or until vegetables are tender. Return chicken to skillet; pour cooking sauce over chicken.
- ☐ Sprinkle with basil; simmer about 10 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165F).
- ☐ Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:19.76, Inflammation Score:-8, Nutrition Score:43.02565175554%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 458.81kcal (22.94%), Fat: 7.87g (12.1%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 48.62g (17.68%), Sugar: 7.45g (8.27%), Cholesterol: 134.66mg (44.89%), Sodium: 748.58mg (32.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.47g (82.94%), Vitamin K: 261.28µg (248.84%), Manganese: 2.18mg (109%), Selenium: 74.56µg (106.52%), Iron: 16.68mg (92.68%), Vitamin B3: 12.93mg (64.63%), Vitamin B6: 1.11mg (55.6%), Phosphorus: 498.25mg (49.82%), Magnesium: 192.4mg (48.1%), Vitamin B2: 0.77mg (45.58%), Copper: 0.89mg (44.26%), Potassium: 1427.82mg (40.79%), Fiber: 9.9g (39.6%), Calcium: 378.16mg (37.82%), Vitamin B5: 3.32mg (33.21%), Zinc: 4.6mg (30.65%), Vitamin E: 3.74mg (24.96%), Folate: 82.88µg (20.72%), Vitamin B1: 0.27mg (18%), Vitamin B12: 0.93µg (15.5%), Vitamin A: 696.56IU (13.93%), Vitamin C: 10.71mg (12.98%)