



Hearty Chicken Cacciatore

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.5 cup chicken broth
- ☐ 3.5 pound chicken pieces
- ☐ 16 ounce pasta cooked
- ☐ 1 teaspoon basil dried
- ☐ 1 cup cooking wine dry red
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 1 garlic clove minced

- ☐ 1 bell pepper green sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper divided
- ☐ 1.5 teaspoons salt divided
- ☐ 6 ounce tomato paste canned

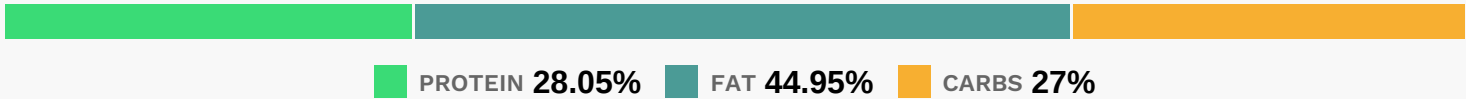
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Brown the chicken pieces in hot oil in a large skillet over medium-high heat; remove chicken, and set aside.
- ☐ Add onion to the skillet, and saut 5 minutes over medium heat, or until transparent.
- ☐ Add minced garlic; saut 1 minute. Stir in tomatoes, tomato paste, and chicken broth.
- ☐ Add bell pepper, oregano, basil, and remaining salt and pepper.
- ☐ Return chicken to skillet; cover and simmer over medium-low heat 45 minutes or until chicken is tender.
- ☐ Add mushrooms and wine; cook, uncovered, 40 minutes.
- ☐ Serve with hot cooked linguine.

Nutrition Facts



Properties

Glycemic Index:32.56, Glycemic Load:11.25, Inflammation Score:-8, Nutrition Score:22.78260857126%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 482.3kcal (24.11%), Fat: 23.22g (35.73%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 26.83g (9.76%), Sugar: 7.76g (8.62%), Cholesterol: 101.5mg (33.83%), Sodium: 748.7mg (32.55%), Alcohol: 3.15g (100%), Alcohol %: 0.9% (100%), Protein: 32.6g (65.2%), Vitamin B3: 13.06mg (65.32%), Selenium: 40.6µg (58%), Vitamin B6: 0.8mg (39.94%), Vitamin C: 27.54mg (33.38%), Phosphorus: 327.6mg (32.76%), Vitamin B2: 0.48mg (28.46%), Copper: 0.55mg (27.35%), Manganese: 0.55mg (27.3%), Vitamin B5: 2.52mg (25.16%), Potassium: 871.78mg (24.91%), Iron: 4.12mg (22.87%), Zinc: 2.75mg (18.35%), Fiber: 4.56g (18.23%), Magnesium: 71.29mg (17.82%), Vitamin B1: 0.25mg (16.53%), Vitamin E: 2.33mg (15.51%), Vitamin K: 14.53µg (13.84%), Folate: 42.48µg (10.62%), Vitamin A: 509.47IU (10.19%), Calcium: 75.03mg (7.5%), Vitamin B12: 0.44µg (7.4%), Vitamin D: 0.38µg (2.56%)