



Homemade Chicken Cacciatore, Sicilian-Style

READY IN



145 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 29 ounce tomatoes diced drained canned
- 2 tablespoons flour all-purpose
- 1 teaspoon garlic crushed
- 0.5 teaspoon garlic salt
- 1 large bell pepper green sliced thin
- 1 teaspoon ground pepper black
- 1.5 tablespoons penzey's southwest seasoning italian
- 1 large onion chopped

- 1 teaspoon salt
- 16 ounce pasta like spaghetti
- 1 meat from a rotisserie chicken whole cut into pieces
- 1 cup burgundy wine

Equipment

- ladle
- pot
- microwave

Directions

- Melt the butter in a large stockpot over medium heat. Cook the onion, bell pepper, and garlic in the melted butter until they begin to soften, about 3 minutes.
- Add the tomatoes, wine, Italian seasoning, salt, pepper, and garlic salt; cook and stir until the mixture just begins to boil. Reduce the heat to medium low; add the chicken and cook until the meat is tender enough to fall off the bone, about 1 1/2 hours.
- Remove the bones and skin from the chicken, returning the meat to the pot.
- Heat 3/4 cup of the reserved liquid from the tomatoes in the microwave until just warmed. Stir the flour into the tomato liquid until thick.
- Add to the stockpot and stir continually until the mixture begins to thicken.
- Remove from heat and allow to sit for about 15 minutes.
- While the chicken mixture rests, bring a large pot of lightly-salted water to a boil. Stir the spaghetti into the water and return to a boil. Cook until the pasta is slightly tender but still firm to the bite, about 12 minutes.
- Drain. Ladle the chicken mixture over the drained spaghetti to serve.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:24.94, Inflammation Score:-8, Nutrition Score:25.689565181732%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 656.12kcal (32.81%), Fat: 22.5g (34.61%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 64.4g (23.42%), Sugar: 7.38g (8.2%), Cholesterol: 100.24mg (33.41%), Sodium: 890.06mg (38.7%), Alcohol: 4.16g (100%), Alcohol %: 1.2% (100%), Protein: 35.54g (71.07%), Selenium: 67.42µg (96.31%), Vitamin B3: 11.34mg (56.68%), Manganese: 1.07mg (53.49%), Vitamin C: 38.79mg (47.01%), Vitamin B6: 0.84mg (41.9%), Phosphorus: 382.67mg (38.27%), Iron: 4.37mg (24.28%), Magnesium: 94.85mg (23.71%), Potassium: 815.62mg (23.3%), Fiber: 5.37g (21.49%), Copper: 0.42mg (21.12%), Zinc: 3.12mg (20.77%), Vitamin B2: 0.32mg (18.68%), Vitamin B5: 1.75mg (17.48%), Vitamin B1: 0.26mg (17.22%), Vitamin K: 16.57µg (15.78%), Folate: 47.75µg (11.94%), Vitamin E: 1.79mg (11.93%), Calcium: 107.64mg (10.76%), Vitamin A: 521.13IU (10.42%), Vitamin B12: 0.4µg (6.63%), Vitamin D: 0.25µg (1.69%)