



Hunter Style Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon diced
- 4 servings pepper black freshly ground
- 1 tablespoon basil fresh chopped
- 1 cup mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 4 tablespoons olive oil
- 2 onions chopped
- 1 teaspoon salt

- 1 pound tomatoes diced
- 1 cup white wine
- 3 pound meat from a rotisserie chicken whole cut into pieces

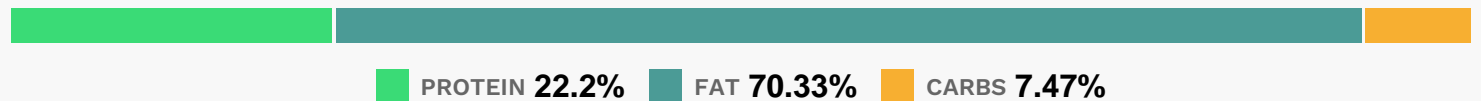
Equipment

- frying pan

Directions

- Heat oil in a large skillet; brown chicken; remove.
- Add bacon and saute over medium heat for about 2 minutes.
- Add onions and mushrooms and continue to saute until onions are translucent. Return chicken to skillet; sprinkle with parsley, basil, salt and pepper.
- Add wine and tomatoes. Cover and let simmer for 25 to 30 minutes, turning chicken once during cooking.
- Remove chicken from skillet and pour sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:2.73, Inflammation Score:-8, Nutrition Score:22.597391335861%

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: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 710.07kcal (35.5%), Fat: 52.07g (80.1%), Saturated Fat: 13.43g (83.92%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 9.85g (3.58%), Sugar: 6.38g (7.08%), Cholesterol: 144.25mg (48.08%), Sodium: 927.09mg (40.31%), Alcohol: 6.18g (100%), Alcohol %: 1.68% (100%), Protein: 36.98g (73.96%), Vitamin B3: 14.12mg (70.6%), Selenium: 32.72µg (46.75%), Vitamin B6: 0.87mg (43.65%), Vitamin K: 38.93µg (37.08%), Phosphorus: 363.18mg (36.32%), Vitamin C: 24.14mg (29.26%), Vitamin A: 1297.69IU (25.95%), Potassium: 850.54mg (24.3%), Vitamin B5: 2.23mg (22.3%), Vitamin E: 3.29mg (21.91%), Vitamin B2: 0.37mg (21.54%), Zinc: 3.03mg (20.19%), Vitamin B1: 0.28mg (18.66%), Manganese: 0.34mg (16.9%), Magnesium: 63.76mg (15.94%), Iron: 2.48mg (13.78%), Copper: 0.26mg (13.23%), Vitamin B12: 0.68µg (11.35%), Folate: 43.81µg (10.95%), Fiber: 2.6g (10.41%), Calcium: 52.93mg (5.29%), Vitamin D: 0.51µg (3.38%)