



 **15%**
HEALTH SCORE

Melissa's Chicken Cacciatore

 **Gluten Free**

READY IN



90 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olives black drained sliced
- 15 ounce tomato sauce canned
- 14.5 ounce frangelico diced canned
- 1 teaspoon basil dried
- 0.5 teaspoon rosemary dried
- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 3 cloves garlic minced

- 0.3 teaspoon pepper black
- 0.5 cup madeira wine
- 12 ounce marinated artichoke drained chopped (reserve marinade)
- 1 large onion sliced quartered
- 1 teaspoon oregano dried
- 1 teaspoon salt
- 8 ounces mozzarella cheese shredded
- 2 large chicken breast halves boneless skinless cut into chunks

Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- slotted spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place half the artichoke marinade into a large skillet over medium-high heat, and brown the chicken pieces until the liquid has almost evaporated, 8 to 10 minutes.
- Remove the chicken pieces with a slotted spoon, and place into a 9x13-inch baking dish.
- Pour the remaining marinade into the same skillet, and cook and stir the onions, garlic, mushrooms, oregano, basil, salt, rosemary, and black pepper until the onions are translucent, 5 to 8 minutes.
- Mix in diced tomatoes with their juice, tomato sauce, black olives, and chopped artichoke hearts. Stir the sauce well, and pour over the chicken in the baking dish. Cover the dish with foil.
- Bake the chicken until the sauce is bubbling, about 45 minutes. Uncover, and drizzle the Madeira wine over the dish; top with mozzarella cheese. Return to oven, uncovered, and bake until the cheese is melted, about 10 more minutes.

Nutrition Facts

PROTEIN 29.1% FAT 51.33% CARBS 19.57%

Properties

Glycemic Index:52.5, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:17.854782498401%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 293.37kcal (14.67%), Fat: 16.2g (24.93%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 10.01g (3.64%), Sugar: 6.3g (7%), Cholesterol: 53.97mg (17.99%), Sodium: 1342.94mg (58.39%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 20.67g (41.34%), Selenium: 26.39µg (37.69%), Vitamin B3: 7.5mg (37.51%), Phosphorus: 311.59mg (31.16%), Vitamin B2: 0.51mg (30.03%), Vitamin C: 21.24mg (25.75%), Vitamin B6: 0.51mg (25.56%), Calcium: 240.24mg (24.02%), Vitamin A: 1178.43IU (23.57%), Vitamin B5: 2mg (19.97%), Potassium: 688.71mg (19.68%), Copper: 0.37mg (18.37%), Vitamin B12: 0.97µg (16.12%), Fiber: 3.89g (15.54%), Zinc: 1.98mg (13.21%), Manganese: 0.25mg (12.69%), Iron: 2.23mg (12.37%), Magnesium: 42.74mg (10.69%), Vitamin E: 1.54mg (10.29%), Vitamin B1: 0.13mg (8.77%), Vitamin K: 8.31µg (7.91%), Folate: 29.95µg (7.49%), Vitamin D: 0.34µg (2.27%)