



New School" Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 28 oz canned tomatoes whole undrained canned
- ☐ 1.5 cups chicken broth
- ☐ 1.5 cups crimini mushrooms sliced
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon kosher salt

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 sprigs rosemary leaves fresh (4-inch)
- ☐ 1.5 cups mushroom caps sliced
- ☐ 4 lb chicken whole cut into 8 pieces
- ☐ 2 cups onion diced yellow

Equipment

- ☐ dutch oven

Directions

- ☐ Drain tomatoes, reserving 1/2 cup juice.
- ☐ If applicable, remove giblets from chicken, and reserve for another use. Rinse chicken, and pat dry.
- ☐ Sprinkle with 1 tsp. salt and 1 tsp. pepper.
- ☐ Cook chicken, in batches, in hot oil in a large Dutch oven over medium-high heat 3 to 5 minutes on each side or until browned.
- ☐ Remove from Dutch oven.
- ☐ Reduce heat to medium.
- ☐ Add shiitake mushrooms and next 3 ingredients to Dutch oven, and cook, stirring occasionally, 8 minutes or until mushrooms are soft and onion is translucent.
- ☐ Add wine, and bring to a boil. Cook 2 minutes.
- ☐ Add broth, rosemary, tomatoes, and reserved tomato juice, and bring to a boil. Return chicken to Dutch oven, nestling into sauce.
- ☐ Cover and cook over medium-low heat 1 1/2 hours or until meat is tender enough to fall off the bone, basting chicken occasionally with liquid in Dutch oven during cooking. Season with salt and pepper to taste.
- ☐ Sprinkle with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:7.35, Inflammation Score:-9, Nutrition Score:40.139565384906%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg

Nutrients (% of daily need)

Calories: 697.76kcal (34.89%), Fat: 41.15g (63.3%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 23.77g (8.64%), Sugar: 15.36g (17.07%), Cholesterol: 165.06mg (55.02%), Sodium: 1341.47mg (58.32%), Alcohol: 3.09g (100%), Alcohol %: 0.53% (100%), Protein: 48.22g (96.44%), Vitamin K: 142.46µg (135.67%), Vitamin B3: 21.98mg (109.92%), Vitamin B6: 1.49mg (74.26%), Selenium: 45.53µg (65.05%), Phosphorus: 551.78mg (55.18%), Manganese: 0.94mg (47.24%), Vitamin C: 38.35mg (46.48%), Vitamin B2: 0.77mg (45.28%), Potassium: 1584.58mg (45.27%), Vitamin B5: 4.38mg (43.81%), Copper: 0.8mg (39.76%), Iron: 5.91mg (32.86%), Zinc: 4.91mg (32.71%), Fiber: 7.86g (31.46%), Magnesium: 119.89mg (29.97%), Vitamin E: 4.26mg (28.4%), Vitamin A: 1371.58IU (27.43%), Vitamin B1: 0.39mg (25.75%), Folate: 83.75µg (20.94%), Calcium: 140.27mg (14.03%), Vitamin B12: 0.72µg (11.99%), Vitamin D: 0.8µg (5.34%)