



Old School" Chicken Cacciatore

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anchovy coarsely chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons capers drained
- ☐ 2 cups wine dry red
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup parsley fresh coarsely chopped

- ☐ 4 sage fresh
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 cup olive oil divided
- ☐ 4 servings polenta
- ☐ 0.5 cup shallots finely chopped
- ☐ 3 cups mushroom caps sliced
- ☐ 4 lb chicken thighs bone-in

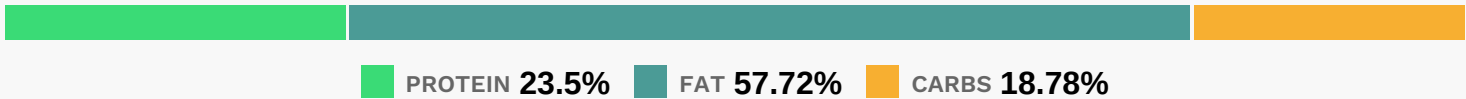
Equipment

- ☐ dutch oven

Directions

- ☐ Sprinkle chicken with salt and pepper. Dredge in flour, shaking off excess.
- ☐ Cook chicken, in batches, in 2 Tbsp. hot oil in a large Dutch oven over medium-high heat 3 to 5 minutes on each side or until browned.
- ☐ Transfer to a plate, and wipe Dutch oven clean.
- ☐ Add remaining 2 Tbsp. oil to Dutch oven, and heat over medium heat.
- ☐ Add mushrooms and next 4 ingredients, and cook, stirring occasionally, 5 minutes or until mushrooms are soft. Return chicken to Dutch oven, and add wine and next 3 ingredients.
- ☐ Bring to a simmer. Cover, reduce heat to low, and cook 1 1/2 hours or until meat is tender enough to fall off the bone, basting chicken occasionally with liquid in Dutch oven.
- ☐ Remove and discard bay leaf. Season with salt and pepper to taste.
- ☐ Serve over Semolina Polenta; sprinkle with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:22.95, Inflammation Score:-9, Nutrition Score:46.330869508826%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg, Kaempferol: 8.01mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg

Nutrients (% of daily need)

Calories: 1323.47kcal (66.17%), Fat: 79.07g (121.65%), Saturated Fat: 19.26g (120.37%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 51.07g (18.57%), Sugar: 9.8g (10.89%), Cholesterol: 379.04mg (126.35%), Sodium: 1075.86mg (46.78%), Alcohol: 12.6g (100%), Alcohol %: 1.99% (100%), Protein: 72.43g (144.85%), Selenium: 95.57µg (136.53%), Vitamin K: 142.08µg (135.32%), Vitamin B3: 26.94mg (134.71%), Vitamin B6: 1.99mg (99.53%), Phosphorus: 874.71mg (87.47%), Vitamin B5: 6.8mg (67.97%), Vitamin B2: 1.07mg (62.68%), Zinc: 7.13mg (47.54%), Manganese: 0.93mg (46.46%), Potassium: 1544.54mg (44.13%), Vitamin B12: 2.48µg (41.33%), Vitamin B1: 0.6mg (40.05%), Copper: 0.7mg (34.87%), Iron: 6.16mg (34.21%), Magnesium: 133.74mg (33.44%), Folate: 114.52µg (28.63%), Fiber: 6.84g (27.34%), Vitamin E: 2.91mg (19.42%), Vitamin A: 969.43IU (19.39%), Vitamin C: 13.31mg (16.14%), Calcium: 79.19mg (7.92%), Vitamin D: 1.06µg (7.09%)