



## Pollo alla Cacciatora

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 14 ounce .5 can cannellini beans canned
- 14 ounce canned tomatoes chopped canned
- 0.5 teaspoon celery salt
- 1 pound chicken thigh fillets cut into 4 pieces
- 1 teaspoon rosemary leaves fresh finely chopped
- 1 tablespoon garlic infused olive oil
- 0.5 cup pancetta cubes

- 6 scallions finely sliced
- 0.5 teaspoon sugar
- 0.5 cup white wine

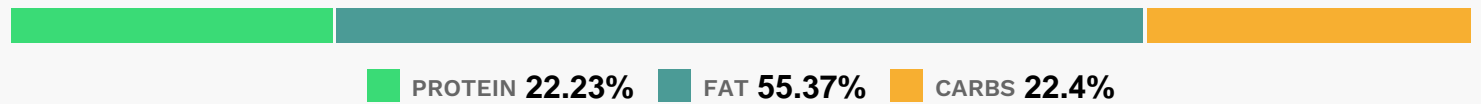
## Equipment

- frying pan

## Directions

- Put the garlic oil into a pan with the pancetta, sliced scallions and chopped rosemary and fry for a couple of minutes.
- Add the bite-sized chicken pieces, stirring well, and sprinkle in the celery salt.
- Pour in the wine and let it come to a bubble before adding the tomatoes, bay leaves and sugar.
- Put the lid on and let the pan simmer for 20 minutes.
- Drain and add a tin of cannellini beans and when they have warmed through too, you are ready to eat.

## Nutrition Facts



## Properties

Glycemic Index:46.52, Glycemic Load:7.82, Inflammation Score:-7, Nutrition Score:24.271304669588%

## 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: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 579.94kcal (29%), Fat: 34.68g (53.35%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 24.44g (8.89%), Sugar: 5.86g (6.51%), Cholesterol: 130.65mg (43.55%), Sodium: 714.19mg (31.05%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 31.33g (62.67%), Vitamin K: 50µg (47.62%),

Selenium: 29.48µg (42.11%), Vitamin B3: 7.91mg (39.54%), Manganese: 0.78mg (39.15%), Vitamin B6: 0.72mg (35.89%), Phosphorus: 355.93mg (35.59%), Potassium: 1103.74mg (31.54%), Iron: 5.53mg (30.73%), Fiber: 7.13g (28.53%), Magnesium: 102.23mg (25.56%), Copper: 0.5mg (24.94%), Folate: 92.73µg (23.18%), Vitamin B1: 0.35mg (23.11%), Zinc: 3.25mg (21.7%), Vitamin E: 2.99mg (19.95%), Vitamin B5: 1.8mg (18.03%), Vitamin B2: 0.28mg (16.54%), Vitamin C: 12.54mg (15.2%), Vitamin B12: 0.87µg (14.56%), Calcium: 133.1mg (13.31%), Vitamin A: 496.01IU (9.92%), Vitamin D: 0.23µg (1.54%)