



Quick Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken- breast halves boneless skinless
- ☐ 2 cups crimini mushrooms sliced
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 cups tomato-and-basil pasta sauce (such as Classico)

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1 small bell pepper green yellow cut into thin strips

Equipment

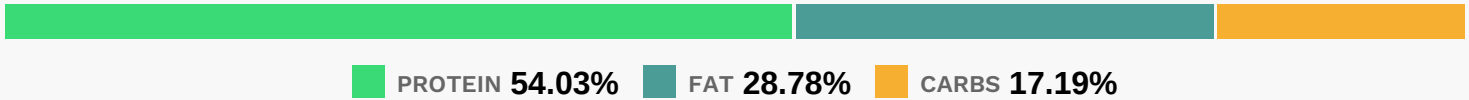
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frying pan

Directions

- ☐
- Heat oil in large nonstick skillet over medium-high heat; add chicken.
- ☐
- Sprinkle 1/2 teaspoon salt and pepper over chicken; cook 4 minutes per side.
- ☐
- Transfer chicken to a plate; set aside.
- ☐
- Combine bell pepper and mushrooms in skillet over medium heat.
- ☐
- Sprinkle with 1/4 teaspoon salt; cook 4 minutes, stirring occasionally.
- ☐
- Add wine; cook 2 minutes. Stir in sauce; heat through. Return chicken to skillet; reduce heat and simmer, turning once, 4 minutes or until cooked through. Top with parsley.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:17.915217295937%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 218.26kcal (10.91%), Fat: 6.15g (9.46%), Saturated Fat: 1.12g (7%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.46g (4.95%), Cholesterol: 72.57mg (24.19%), Sodium: 747.72mg (32.51%), Alcohol: 3.15g (100%), Alcohol %: 1.6% (100%), Protein: 25.98g (51.95%), Vitamin B3: 13.31mg (66.56%), Selenium:

45.66µg (65.22%), Vitamin B6: 0.93mg (46.63%), Vitamin K: 35.8µg (34.1%), Phosphorus: 286.39mg (28.64%), Vitamin C: 21.14mg (25.63%), Potassium: 776.08mg (22.17%), Vitamin B5: 2.18mg (21.84%), Vitamin B2: 0.3mg (17.48%), Copper: 0.23mg (11.39%), Vitamin A: 552.88IU (11.06%), Magnesium: 35.8mg (8.95%), Fiber: 2.13g (8.51%), Vitamin B1: 0.12mg (7.94%), Zinc: 1.1mg (7.35%), Iron: 1.05mg (5.83%), Manganese: 0.11mg (5.55%), Folate: 18.45µg (4.61%), Vitamin B12: 0.26µg (4.38%), Vitamin E: 0.59mg (3.95%), Calcium: 32.6mg (3.26%)