



Quick Chicken Cacciatore

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth
- 28 ounces canned tomatoes crushed canned
- 1.3 pounds chicken thighs dark boneless skinless (3 pieces)
- 4 servings top grated for passing
- 1 pound eggs cooked
- 1 handful parsley chopped
- 4 cloves garlic minced crushed
- 2 tablespoons olive oil extra virgin extra-virgin (2 turns around the pan)

- 2 portabello mushrooms halved thinly sliced
- 0.5 teaspoon pepper red crushed
- 4 servings pepper black freshly ground

Equipment

- frying pan
- stove

Directions

- Heat a large nonstick skillet over medium high heat.
- Add half of the extra-virgin olive oil and brown chicken breasts or thighs for 3 or 4 minutes on each side.
- Remove chicken from pan and season with salt and pepper.
- Return pan to stove, reduce heat to medium and add the remaining.
- Add crushed pepper, sliced mushrooms, and garlic. Season with salt (salt is a magnet for drawing out liquid). Cover and cook mushrooms 5 minutes or until mushrooms are dark, tender and have given off their juices.
- Add about 1/2 cup of beef broth to intensify the wild mushroom flavor, then stir in the tomatoes and parsley.
- Cut the chicken into bite-size chunks or slices and add to sauce. Simmer sauce 5 minutes to finish cooking chicken pieces and to allow the flavors to combine. Toss pasta with cacciatore and serve with crusty bread and grated cheese.
- Tidbits: Beef broth and stock is now available in resealable paper containers, which can be found on the soup aisle of your market. These paper containers make storage of remaining broth easier; keep some on hand in your refrigerator. Beef broth is used instead of chicken broth in this recipe because it pairs better with the beefy taste of portobello mushrooms. The broth will make your cacciatore taste as if it simmered all day because it accents the mushroom taste well.
- Depending on your brand, 1 large can of tomatoes can vary in weight from 28 to 32 ounces. Use your favorite, but check to make sure the product is sugar free.

Nutrition Facts



■ PROTEIN 38.65% ■ FAT 45.8% ■ CARBS 15.55%

Properties

Glycemic Index:53.13, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:35.51913012629%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 476.07kcal (23.8%), Fat: 24.46g (37.64%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 14.14g (5.14%), Sugar: 10.3g (11.45%), Cholesterol: 556.5mg (185.5%), Sodium: 675.86mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.44g (92.89%), Selenium: 76.83µg (109.76%), Vitamin B3: 12.66mg (63.3%), Vitamin B6: 1.23mg (61.55%), Phosphorus: 609.49mg (60.95%), Vitamin B2: 0.94mg (55.55%), Vitamin B5: 4.5mg (45.05%), Potassium: 1279.31mg (36.55%), Vitamin K: 36.07µg (34.35%), Iron: 6.12mg (34.02%), Vitamin E: 5.05mg (33.67%), Copper: 0.66mg (33.01%), Vitamin B12: 1.96µg (32.64%), Zinc: 4.44mg (29.62%), Manganese: 0.52mg (26.18%), Folate: 100.05µg (25.01%), Vitamin C: 20.52mg (24.88%), Vitamin A: 1232.21IU (24.64%), Vitamin B1: 0.36mg (24.12%), Magnesium: 88.61mg (22.15%), Fiber: 4.55g (18.19%), Vitamin D: 2.39µg (15.96%), Calcium: 155.46mg (15.55%)