



## Quick & Easy Chicken Cacciatore

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**207 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 medium bell pepper green red cut into 1-inch pieces
- 1 medium onion sliced
- 2 cups pasta sauce ragu® old world style®
- 1 pound chicken thighs boneless skinless
- 0.5 teaspoon oregano dried crushed
- 10 oz mushrooms white quartered
- 2 tablespoons frangelico spread country crock®
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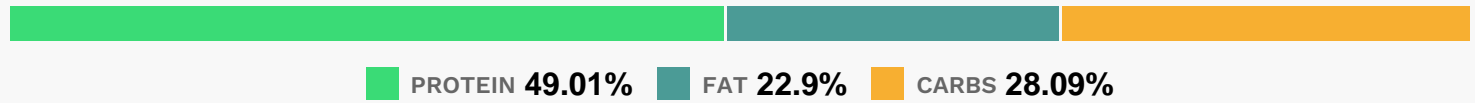
# Equipment

frying pan

# Directions

- Season chicken, if desired , with salt and black pepper. Melt Shedd's
- Spread Country Crock Calcium plus Vitamin D in 12-inch nonstick skillet over medium-high heat and brown chicken, turning once.
- Remove chicken and set aside.
- Add green peppers, mushrooms and onion to same skillet and cook over medium-high heat, stirring occasionally, 5 minutes or until mushrooms are golden. Stir in Pasta Sauce and oregano and bring to a boil. Reduce heat to low and return chicken to skillet. Simmer covered 5 minutes or until chicken is thoroughly cooked. Preparation time: 10 Minute(s) Cook time: 25 Minute(s)

# Nutrition Facts



# Properties

Glycemic Index:35.25, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:26.38826096317%

# Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

# Nutrients (% of daily need)

Calories: 207.07kcal (10.35%), Fat: 5.49g (8.44%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 10.77g (3.92%), Sugar: 9.44g (10.49%), Cholesterol: 107.73mg (35.91%), Sodium: 688.66mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.83%), Vitamin C: 88.26mg (106.99%), Vitamin B3: 10.73mg (53.66%), Vitamin A: 2425.39IU (48.51%), Selenium: 33.16µg (47.37%), Vitamin B6: 0.91mg (45.36%), Vitamin B2: 0.62mg (36.74%), Phosphorus: 329.9mg (32.99%), Vitamin B5: 3.03mg (30.25%), Potassium: 1035.87mg (29.6%), Copper: 0.45mg (22.61%), Vitamin E: 2.97mg (19.78%), Fiber: 4.37g (17.48%), Zinc: 2.56mg (17.09%), Iron: 2.84mg (15.8%), Vitamin B1: 0.23mg (15.61%), Magnesium: 61.4mg (15.35%), Folate: 60.8µg (15.2%), Manganese: 0.3mg (14.86%), Vitamin B12: 0.75µg (12.57%), Vitamin K: 11.3µg (10.76%), Calcium: 43.96mg (4.4%)