



Roast Chicken Cacciatore



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup kalamata olives black
- ☐ 6 lb chicken
- ☐ 0.5 cup wine dry red
- ☐ 1 cup fat-skimmed beef broth
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup rosemary leaves fresh chopped
- ☐ 14 cloves garlic peeled

- ☐ 2 tablespoons olive oil
- ☐ 2 onion (1 lb. total)
- ☐ 0.3 teaspoon pepper
- ☐ 2 bell pepper red
- ☐ 8 roma tomatoes (2 lb. total)
- ☐ 6 rosemary rinsed
- ☐ 1 teaspoon salt
- ☐ 2 bell pepper yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ carving fork

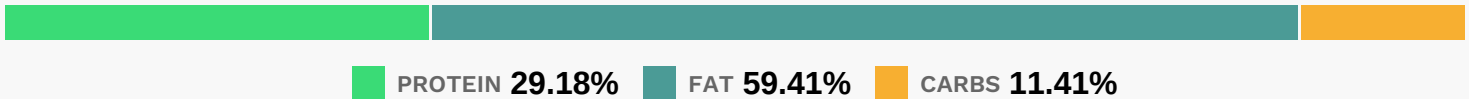
Directions

- ☐ Remove giblets from chicken and reserve for other uses. Pull off and discard lumps of fat. Rinse bird well inside and out; pat dry. If desired, fold wing tips under first joint. Set bird breast up on a V-shaped rack in an 11- by 17-inch pan.
- ☐ In a small bowl, mix chopped rosemary and basil. Starting at the neck, gently ease your fingers under skin to loosen it over breast. Push 1/3 of the rosemary-basil mixture under skin and spread evenly over breast.
- ☐ Place 6 garlic cloves and 3 rosemary sprigs in body cavity.
- ☐ Sprinkle chicken lightly with salt and pepper.
- ☐ Rinse, stem, and seed red and yellow bell peppers; cut into 1/3-inch-wide strips. Peel onions and cut each into 6 wedges. Rinse and core tomatoes; cut in half lengthwise. Distribute peppers, onions, and remaining garlic around chicken in pan; spread level. Set tomatoes, cut

side up, on pepper mixture and sprinkle vegetables with another 1/3 of the herb mixture, 1 teaspoon salt, and 1/4 teaspoon pepper; drizzle with olive oil.

- ☐ Roast in a 425 regular or convection oven until vegetables begin to brown and a thermometer inserted through thickest part of breast to bone reaches 170, or 180 through thickest part of thigh at joint, 1 1/4 to 1 3/4 hours.
- ☐ Insert a carving fork into chicken cavity, piercing carcass. Lift bird and tilt to drain juices into pan. Set chicken on a rimmed platter; let rest in a warm place about 15 minutes. With a slotted spoon, transfer vegetables to a shallow bowl; sprinkle with olives and keep warm.
- ☐ Skim and discard fat from pan; add vinegar, wine, broth, and remaining herb mixture. Stir often over high heat, scraping browned bits free, until reduced to 3/4 cup, 6 to 8 minutes.
- ☐ Pour through a fine strainer into a small pitcher or bowl.
- ☐ Garnish platter with remaining rosemary sprigs. Carve chicken and serve with vegetables.
- ☐ Add pan juices and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:22.273913041405%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 458.38kcal (22.92%), Fat: 29.4g (45.24%), Saturated Fat: 7.73g (48.29%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.11g (3.68%), Sugar: 5.37g (5.96%), Cholesterol: 122.47mg (40.82%), Sodium: 617.9mg (26.87%), Alcohol: 1.58g (100%), Alcohol %: 0.52% (100%), Protein: 32.49g (64.99%), Vitamin C: 107.95mg (130.85%), Vitamin B3: 12.29mg (61.46%), Vitamin B6: 0.87mg (43.41%), Vitamin A: 1865.66IU (37.31%), Selenium:

25.2µg (36%), Phosphorus: 292.21mg (29.22%), Potassium: 674.11mg (19.26%), Vitamin B5: 1.8mg (17.97%), Manganese: 0.34mg (17.1%), Zinc: 2.52mg (16.77%), Vitamin K: 17.52µg (16.68%), Vitamin B2: 0.26mg (15.46%), Magnesium: 54.55mg (13.64%), Vitamin E: 2.04mg (13.57%), Iron: 2.33mg (12.93%), Folate: 48.53µg (12.13%), Vitamin B1: 0.17mg (11.53%), Fiber: 2.59g (10.36%), Copper: 0.2mg (10.11%), Vitamin B12: 0.56µg (9.38%), Calcium: 58.34mg (5.83%), Vitamin D: 0.33µg (2.18%)