



Round 2 : Chicken Cacciatore

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.5 cup chicken broth
- ☐ 3 servings chicken legs and thighs reserved from chicken pot pies recipe
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large bell pepper green
- ☐ 2 teaspoons penzey's southwest seasoning italian divided
- ☐ 1 cup mushrooms sliced
- ☐ 1 tablespoon freshly parsley leaves chopped

- ☐ 3 servings salt and pepper black freshly ground
- ☐ 2 cups soup reserved from tomato soup recipe

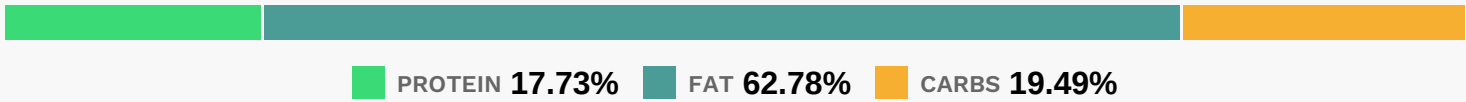
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl or resealable plastic bag, add the flour, 1 teaspoon Italian seasoning and salt and pepper, to taste.
- ☐ Combine well, then add the chicken and toss to coat.
- ☐ In a large high-sided skillet with a lid, heat the canola oil over medium-high heat. Shake off excess flour from the chicken and fry in the oil until golden brown on all sides, about 5 minutes.
- ☐ Remove the chicken to a plate and reserve.
- ☐ To the pan, add the mushrooms and bell pepper and cook for 2 minutes, until slightly softened.
- ☐ Add the remaining 1 teaspoon of Italian seasoning, the tomato soup, and the chicken broth. Bring to a boil, reduce the heat to a simmer and add the reserved chicken. Cover with a lid and cook until the chicken is completely cooked through, about 20 to 25 minutes.
- ☐ Remove the lid 5 minutes before the end of the cooking time, to reduce the sauce slightly.
- ☐ Transfer the cacciatore to a serving platter, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:74.17, Glycemic Load:11.27, Inflammation Score:-7, Nutrition Score:23.493912821231%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:

0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 568.31kcal (28.42%), Fat: 40.1g (61.7%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 24.75g (9%), Sugar: 10.33g (11.48%), Cholesterol: 120.59mg (40.2%), Sodium: 630.04mg (27.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.97%), Vitamin C: 59.41mg (72.02%), Vitamin K: 53.83µg (51.26%), Selenium: 32.88µg (46.97%), Vitamin B3: 9.14mg (45.71%), Vitamin B6: 0.67mg (33.51%), Potassium: 1057.15mg (30.2%), Vitamin E: 4.37mg (29.12%), Phosphorus: 284.43mg (28.44%), Vitamin B2: 0.42mg (24.91%), Manganese: 0.41mg (20.45%), Vitamin B1: 0.29mg (19.08%), Vitamin B5: 1.88mg (18.82%), Vitamin A: 843.88IU (16.88%), Zinc: 2.46mg (16.4%), Iron: 2.91mg (16.17%), Copper: 0.29mg (14.47%), Magnesium: 53.76mg (13.44%), Fiber: 3.25g (13.01%), Vitamin B12: 0.74µg (12.37%), Folate: 40.33µg (10.08%), Calcium: 57.55mg (5.76%), Vitamin D: 0.19µg (1.29%)