



WHATSheATE



Spicy chicken cacciatore



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 2 bell pepper red deseeded cut into strips
- ☐ 1 medium to 5 chillies red deseeded sliced
- ☐ 1 glass red wine (175ml/6fl oz)
- ☐ 0.5 tomato sauce well (see 'Goes with')
- ☐ 1 handfuls olives black
- ☐ 1 leaf flat parsley chopped

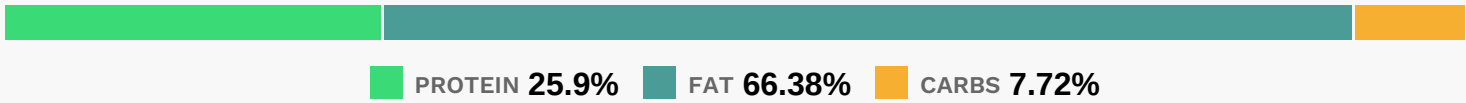
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a deep, ovenproof roasting pan thats big enough to fit the chicken in a single layer. Season the chicken pieces all over, then place the pan on the hob and cook on a medium heat for 7-10 mins on each side until well browned. Scoop out the chicken with a slotted spoon and put to one side.
- ☐ Add the peppers and chilli to the pan (there should still be plenty of fat left in it) and cook for 10 mins until soft and beginning to brown at the edges.
- ☐ Pour away any excess fat, then pour in the wine and stir well for 1-2 mins as it bubbles up. Tip the tomato sauce into the pan and stir again.
- ☐ Add a little water (up to 150ml) to achieve a thick, pouring consistency. Nestle the chicken into the sauce and scatter with the olives. Cover, bake for 30 mins, then uncover and cook for 15-20 mins more to allow the chicken to crisp up. Spoon off any fat that has risen to the surface, scatter with parsley and serve with some rice, mashed potato or polenta.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:18.610869516497%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 8.17mg, Malvidin: 8.17mg, Malvidin: 8.17mg, Malvidin: 8.17mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epigallocatechin:

0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 384.1kcal (19.21%), Fat: 25.04g (38.53%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.49g (3.88%), Cholesterol: 119.8mg (39.93%), Sodium: 192.76mg (8.38%), Alcohol: 6.25g (100%), Alcohol %: 2.96% (100%), Protein: 21.99g (43.98%), Vitamin C: 92.93mg (112.64%), Vitamin A: 2130.99IU (42.62%), Vitamin B3: 6.97mg (34.84%), Vitamin B6: 0.68mg (33.76%), Selenium: 23.47µg (33.52%), Phosphorus: 233.93mg (23.39%), Vitamin B2: 0.26mg (15.34%), Vitamin B5: 1.51mg (15.12%), Zinc: 2.16mg (14.39%), Potassium: 502.1mg (14.35%), Vitamin E: 2mg (13.33%), Vitamin K: 13.97µg (13.3%), Vitamin B12: 0.72µg (12.02%), Magnesium: 41.98mg (10.49%), Manganese: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.23%), Folate: 36.24µg (9.06%), Iron: 1.59mg (8.85%), Fiber: 1.59g (6.37%), Copper: 0.11mg (5.36%), Calcium: 25.05mg (2.51%)