

# How To Make Italian Baked Chicken Thighs Cacciatore

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-mashed-potato-pie-recipe>

## Ingredients:

- 1 teaspoon whole fennel seed crushed in a spice grinder or mortar & pestle
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon black pepper
- 4 fat large bone in, skin-on chicken thighs excess, trimmed
- 1 medium onion sliced into bite sized pieces from root to tip
- 1/2 bulb fennel cut into bite sized pieces, reserve fronds for garnish., optional
- 2 teaspoons olive oil
- 8 ounces cremini mushrooms sliced into bite sized pieces
- 2 sweet peppers
- Orange
- 1/3 cup Kalamata olives seeded and quartered
- 2 tablespoons capers rinsed and drained
- 1/4 cup chicken broth
- 1/4 cup white wine
- 15 ounces juice can diced tomatoes in
- 3 cloves garlic minced
- fresh herbs like parsley or basil
- fennel fronds reserved
- grated Parmesan cheese or shaved, or pecorino romano
- egg noodles
- mashed cauliflower
- quinoa
- mashed potatoes
- crusty Italian bread

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 720 milligrams
9. Sugar: 14 grams

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