

# Chicken Cacciatore {Pollo alla Cacciatora}

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pollo-alla-cacciatora-recipe>

## Ingredients:

- 4 skinless chicken thighs Boneless, 4 oz. each
- 1/4 cup all purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 tablespoons virgin olive oil extra-, separated
- 1 cup onions sliced
- 2 cloves garlic minced fresh
- 1/4 cup dry white wine
- 1 can tomato sauce 15 oz.
- 1 cup low sodium chicken broth
- 2 teaspoons fresh thyme
- 1 teaspoon seasoning dried Italian, we use Tuscan
- 1/2 teaspoon red pepper flakes less if you don't like it spicy
- 2 cups baby bella mushrooms sliced
- grated Parmesan or Shredded

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 180 milligrams
4. Fat: 47 grams
5. Fiber: 2 grams
6. Protein: 41 grams
7. SaturatedFat: 11 grams
8. Sodium: 540 milligrams
9. Sugar: 3 grams

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