the center
For Naturopathic Medicine & Functional Nutrition

Baked Chicken Cacciatore

Prep Time	10 mins
Total Time	30 mins
Meal Type	Lunch,Dinner
Servings	6



Ingredients

lb,c | g,ml

- 6 chicken thighs, *bone-in with skin*
- 1 Tbs oregano
- salt and pepper, *to taste*
- 1 onion, *sliced*
- 1 pepper, *sliced*
- 1/4 cup olive oil
- 2 cups tomato sauce, prepared
- 1/2 cup green olives

Directions

Prep

1. Season chicken thighs with salt [if desired], pepper, and oregano.
2. Slice onion and pepper.
3. Preheat oven to 375°F.

Make

1. Add olive oil to the bottom of a roasting pan with sides. Add onion and pepper and stir to coat.
2. Place chicken thighs on top of vegetables and bake for 20 minutes.
3. Remove from oven and add tomato sauce in between chicken thighs [avoid tops if you want them to remain crispy.]
4. Add olives and return to oven for an additional 10 minutes or until the thickest part of the chicken thighs reaches an internal temperature of 165°F.
5. Remove from oven and serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **439**

Amount/serving	% Daily Value*
Total Fat 31.3g	48%
Saturated Fat 7.2g	36%
Trans Fat 0.1g	
Cholesterol 168mg	56%
Sodium 906mg	39%

Amount/serving	% Daily Value*
Total Carbohydrates 10g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Protein 32g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 3% · Calcium 63mg 6% · Iron 2mg 13% · Potassium 660mg 14%

- Show all nutrients -

Source: Living Plate