

Butternut Squash-Chicken Pan-Roast

 Gluten Free

READY IN



100 min.

SERVINGS



20

CALORIES



562 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 fuji apples peeled cut into 3/4-inch dice
- ☐ 1.5 pounds butternut squash peeled cut into 3/4-inch dice
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 20 servings pepper freshly ground
- ☐ 1 tablespoon sage chopped
- ☐ 20 servings salt
- ☐ 2 tablespoons butter unsalted thinly sliced
- ☐ 18 pounds chicken legs whole

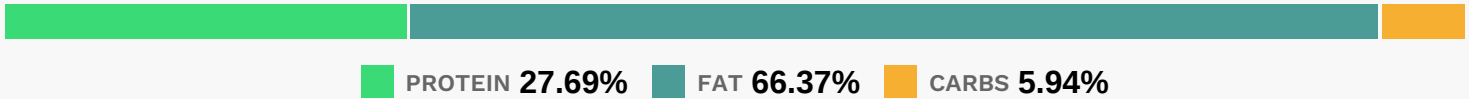
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 40
- ☐ In a large roasting pan, toss the squash, apples and sage with the olive oil and season with salt and pepper. Season the chicken legs and set them on top. Dot with the butter and roast for about 1 hour and 15 minutes, until the squash and apples are tender and the chicken is browned and cooked through.
- ☐ Transfer the chicken to a plate and keep warm.
- ☐ Place the roasting pan over a burner and boil, stirring, until the pan juices are reduced, about 5 minutes. Return the chicken to the pan and serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:22.85304361841%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 562.06kcal (28.1%), Fat: 41.05g (63.15%), Saturated Fat: 11.28g (70.47%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 6.87g (2.5%), Sugar: 3.59g (3.99%), Cholesterol: 219.41mg (73.14%), Sodium: 391.13mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Vitamin A: 3880.62IU (77.61%), Selenium:

42.07µg (60.11%), Vitamin B3: 11.45mg (57.24%), Copper: 1.07mg (53.43%), Vitamin B6: 0.8mg (40.19%), Phosphorus: 375.51mg (37.55%), Vitamin B5: 2.47mg (24.69%), Zinc: 3.49mg (23.27%), Vitamin B12: 1.31µg (21.76%), Vitamin B2: 0.34mg (20.18%), Potassium: 624.34mg (17.84%), Magnesium: 57.86mg (14.46%), Vitamin B1: 0.21mg (13.97%), Iron: 1.94mg (10.76%), Vitamin C: 8.87mg (10.75%), Vitamin E: 1.47mg (9.82%), Manganese: 0.16mg (7.93%), Vitamin K: 8.21µg (7.82%), Fiber: 1.38g (5.53%), Folate: 19.37µg (4.84%), Calcium: 41.8mg (4.18%), Vitamin D: 0.25µg (1.69%)