



Chicken and Andouille Sausage Ragù

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium carrots diced peeled
- ☐ 1 pound mild chicken sausage smoked fully cooked cut into 1/2-inch-thick rounds
- ☐ 9 strips. with skin and bones (4 pounds), well trimmed
- ☐ 1 cup wine dry white
- ☐ 0.5 cup marjoram fresh chopped (from 2 large bunches)
- ☐ 6 garlic clove minced
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups chicken broth

- ☐ 2 tablespoons olive oil
- ☐ 2 large onion chopped
- ☐ 6 servings soup noodles with parsley butter
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 29 ounce tomatoes diced canned

Equipment

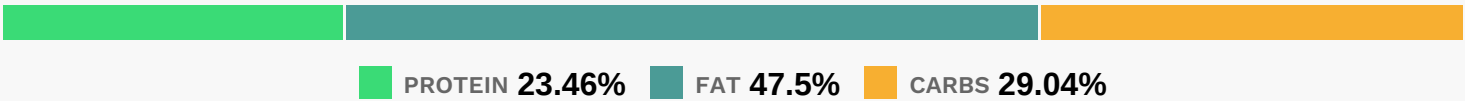
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place chicken thighs, skin side down, on work surface. Using sharp knife, cut each thigh lengthwise along each side of bone, forming 2 pieces of meat (some meat may remain on bones); reserve bones.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Sprinkle chicken and bones with salt and pepper. Working in batches, sauté in pot until brown, about 6 minutes per batch.
- ☐ Transfer to bowl.
- ☐ Add sausage to pot and sauté until brown, about 5 minutes. Using slotted spoon, transfer to bowl with chicken.
- ☐ Add carrots and onions to pot and sauté until onions are tender and golden, about 10 minutes. Stir in 1/4 cup marjoram, garlic, lemon peel, and crushed red pepper; sauté 2 minutes.
- ☐ Add wine and boil until reduced by half, about 3 minutes. Stir in tomatoes with juices and broth; bring to boil.
- ☐ Add chicken, bones, sausage, and any accumulated juices from bowl. Reduce heat, cover, and simmer until chicken is cooked through, about 35 minutes.
- ☐ Using slotted spoon, transfer chicken and sausage to bowl; discard bones. Boil liquid in pot until reduced to 3 cups, about 20 minutes. Stir in remaining 1/4 cup marjoram. Season to taste with salt and pepper. Return chicken and sausage to pot. (Can be made 1 day ahead. Cool

slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Rewarm over medium heat before serving.) Spoon ragù over Campanelle Pasta with Parsley Butter.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:19.27, Inflammation Score:-10, Nutrition Score:31.939565072889%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

Nutrients (% of daily need)

Calories: 878.24kcal (43.91%), Fat: 45.14g (69.45%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 57.01g (20.73%), Sugar: 9.78g (10.87%), Cholesterol: 219.48mg (73.16%), Sodium: 1155.04mg (50.22%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 50.17g (100.34%), Vitamin A: 5863.38IU (117.27%), Selenium: 67.99µg (97.13%), Vitamin B3: 11.34mg (56.69%), Vitamin B6: 0.98mg (49.22%), Vitamin K: 50.46µg (48.05%), Phosphorus: 461.8mg (46.18%), Manganese: 0.86mg (42.81%), Potassium: 1022.85mg (29.22%), Vitamin C: 23.55mg (28.54%), Iron: 4.53mg (25.19%), Vitamin B2: 0.4mg (23.53%), Vitamin B5: 2.32mg (23.16%), Magnesium: 92.41mg (23.1%), Zinc: 3.45mg (22.98%), Copper: 0.43mg (21.56%), Fiber: 5.07g (20.26%), Vitamin B1: 0.29mg (19.39%), Vitamin B12: 1.16µg (19.39%), Vitamin E: 2.28mg (15.23%), Folate: 45.27µg (11.32%), Calcium: 105.3mg (10.53%), Vitamin D: 0.17µg (1.13%)