



Chicken & chorizo traybake

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 140 g chorizo
- 2 onion red cut into wedges
- 4 garlic clove whole
- 4 strips.
- 4 skin-on chicken drumsticks
- 4 medium potatoes unpeeled cut into wedges
- 2 rosemary
- 2 tbsp olive oil

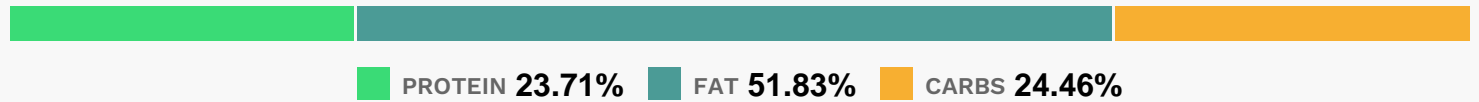
Equipment

oven

Directions

- Heat oven to 220C/200C fan/gas
- Cut the chorizo into slices the thickness of a pound coin.
- Put the onion and garlic in the bottom of a large roasting tin. Scatter over the chorizo, then add the chicken pieces, potato, rosemary and a couple of grinds of black pepper.
- Drizzle with olive oil, then bake for 45 mins.
- Halfway through the cooking time, give everything a good baste in the chorizo juices.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:28.66, Inflammation Score:-7, Nutrition Score:25.606086844983%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 720.37kcal (36.02%), Fat: 41.2g (63.38%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 38.03g (13.83%), Sugar: 4.02g (4.47%), Cholesterol: 202.27mg (67.42%), Sodium: 181.75mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.39g (84.79%), Vitamin B6: 1.37mg (68.57%), Vitamin C: 47mg (56.97%), Vitamin B3: 11.24mg (56.2%), Selenium: 37.16µg (53.09%), Phosphorus: 446.2mg (44.62%), Potassium: 1390.09mg (39.72%), Vitamin B5: 2.65mg (26.47%), Zinc: 3.61mg (24.09%), Manganese: 0.48mg (23.94%), Vitamin B1: 0.35mg (23.13%), Magnesium: 91.96mg (22.99%), Fiber: 5.71g (22.82%), Vitamin B2: 0.36mg (21.3%), Iron: 3.79mg (21.06%), Vitamin B12: 1.14µg (18.99%), Copper: 0.36mg (18.23%), Folate: 50.43µg (12.61%), Vitamin K: 12.8µg (12.19%), Vitamin E: 1.42mg (9.49%), Calcium: 60.96mg (6.1%), Vitamin A: 255.16IU (5.1%), Vitamin D: 0.19µg (1.26%)