



## Hearty Roasted Chicken and Sausage

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth swanson®
- 4 pounds skin-on chicken drumsticks bone-in
- 0.5 teaspoon penzey's southwest seasoning italian crushed
- 2 small onions cut into wedges
- 2 pounds pork sausages sweet italian hot cut into 1-inch pieces
- 2 large pasilla peppers red cut into 2-inch-long strips
- 2 pounds potatoes red cut in quarters

### Equipment

- frying pan
- roasting pan

## Directions

- Place the chicken into a roasting pan.
- Add the onions, peppers, potatoes and sausage.
- Sprinkle with the Italian seasoning.
- Pour the broth over all.
- Roast at 375 degrees F for 1 hour or until the chicken and sausage are cooked through, turning the chicken over once halfway through the roasting time and basting occasionally with the pan juices.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:30.669130242389%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## Nutrients (% of daily need)

Calories: 866.04kcal (43.3%), Fat: 62.47g (96.11%), Saturated Fat: 18.68g (116.78%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 19.69g (7.16%), Sugar: 4.06g (4.51%), Cholesterol: 271.16mg (90.39%), Sodium: 1001.41mg (43.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.36g (102.72%), Vitamin B3: 16.08mg (80.4%), Vitamin C: 64.32mg (77.97%), Vitamin B6: 1.34mg (67.13%), Phosphorus: 543.94mg (54.39%), Selenium: 36.87µg (52.67%), Vitamin B1: 0.58mg (38.86%), Potassium: 1311.3mg (37.47%), Vitamin B12: 2.2µg (36.73%), Zinc: 5.4mg (36.01%), Vitamin B5: 3.19mg (31.91%), Vitamin A: 1530.13IU (30.6%), Vitamin B2: 0.49mg (28.56%), Magnesium: 84.75mg (21.19%), Iron: 3.66mg (20.32%), Copper: 0.34mg (17.21%), Manganese: 0.28mg (14.23%), Fiber: 3.14g (12.56%), Folate: 49.81µg (12.45%), Vitamin D: 1.67µg (11.11%), Vitamin K: 10.65µg (10.14%), Vitamin E: 1.32mg (8.78%), Calcium: 47.03mg (4.7%)