



## Lorraine Wallace's Skewers of Sage Chicken with Sweet Italian Sausage

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings pepper black freshly ground
- 1 tablespoon rosemary leaves fresh chopped
- 24 large sage fresh
- 6 garlic clove peeled smashed
- 0.5 cup garlic infused olive oil
- 2 pounds ground sausage sweet italian cut into 2-inch pieces
- 1.5 cups olive oil extra virgin extra-virgin

- 2 pounds chicken thighs boneless skinless trimmed cut in half

## Equipment

- bowl
- paper towels
- whisk
- grill
- aluminum foil
- skewers
- metal skewers

## Directions

- Combine all the ingredients in a small bowl and whisk well. Set aside.
- Up to a day ahead or 4 hours prior to cooking, rinse the chicken thighs in cold water and pat dry with paper towels. Toss the chicken with 2 tablespoons of the rosemary-garlic oil and the chopped rosemary. Season with salt and pepper. Cover and refrigerate.
- Preheat the grill to medium-high heat (350°F–450°F).
- Place the 1/2 cup of rosemary-garlic oil in a small dish for brushing the skewers while grilling. Thread 3 pieces of the sausage, chicken, and sage leaves alternately on the metal skewers. Grill the skewers, covered, until one side is browned and has nice grill marks, about 4 minutes.
- Brush with the rosemary-garlic oil, flip, and cook until the other side is cooked, about 4 minutes more.
- Continue to cook, turning and brushing with the oil, until the sausage and chicken are both cooked through, about 10 minutes more. Cover with aluminum foil and let rest for a couple of minutes. To serve, arrange the skewers on a large platter and drizzle with the remaining rosemary-garlic oil.

## Nutrition Facts

 PROTEIN **24.69%**  FAT **74.27%**  CARBS **1.04%**

## Properties

Glycemic Index:15, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:26.752608579138%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 835.76kcal (41.79%), Fat: 68.03g (104.66%), Saturated Fat: 20.6g (128.77%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.03g (0.03%), Cholesterol: 258.55mg (86.18%), Sodium: 1240.73mg (53.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.89g (101.77%), Selenium: 72.1µg (103%), Vitamin B3: 13.38mg (66.92%), Vitamin B1: 1mg (66.77%), Vitamin B6: 1.16mg (58.25%), Phosphorus: 502.47mg (50.25%), Vitamin B12: 2.34µg (39.06%), Copper: 0.71mg (35.45%), Zinc: 5.05mg (33.65%), Vitamin B2: 0.53mg (30.93%), Vitamin B5: 2.61mg (26.07%), Potassium: 769.39mg (21.98%), Iron: 3.18mg (17.64%), Vitamin E: 2.35mg (15.66%), Magnesium: 57.44mg (14.36%), Vitamin K: 13.27µg (12.64%), Manganese: 0.19mg (9.71%), Calcium: 48.96mg (4.9%), Vitamin C: 4.03mg (4.89%), Folate: 18.61µg (4.65%)