



 **100%**
HEALTH SCORE

Mediterranean Chicken & Sausage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



6250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz chicken broth canned
- 2 Tbsp cornstarch
- 6 cups rice white hot instant cooked
- 1 lb sausage sweet italian
- 0.5 lb mushrooms halved
- 3 lb roasting chickens
- 0.5 cup greek vinaigrette dressing divided kraft
- 0.3 cup water

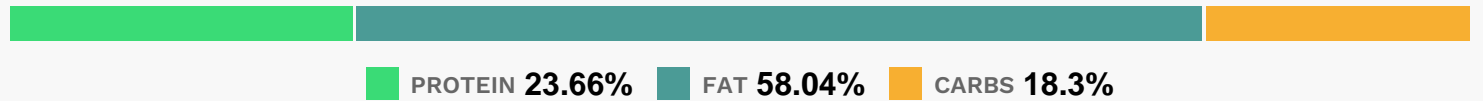
Equipment

frying pan

Directions

- Pierce sausage with fork. Cook in large skillet on medium-high heat 15 to 20 min. or until browned.
- Remove from skillet.
- Cut into pieces; set aside.
- Add 1/4 cup of the dressing and chicken to skillet; cook 10 min. or until chicken is browned on both sides. Stir in sausage, mushrooms, broth and remaining 1/4 cup dressing.
- Dissolve cornstarch in water; add to skillet. Bring to boil. Reduce heat to low; cover. Simmer 15 min. or until chicken is cooked through.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:81.067826063737%

Nutrients (% of daily need)

Calories: 6249.96kcal (312.5%), Fat: 396.19g (609.52%), Saturated Fat: 115.52g (721.97%), Carbohydrates: 281.03g (93.68%), Net Carbohydrates: 272.67g (99.15%), Sugar: 7.62g (8.46%), Cholesterol: 1397.47mg (465.82%), Sodium: 5970.8mg (259.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 363.45g (726.9%), Vitamin B3: 113.49mg (567.47%), Selenium: 371.81µg (531.16%), Phosphorus: 3453.83mg (345.38%), Vitamin B6: 6.02mg (301.23%), Vitamin B12: 18.02µg (300.36%), Vitamin B1: 4.09mg (272.58%), Folate: 1034.06µg (258.51%), Zinc: 36.8mg (245.35%), Iron: 42.85mg (238.07%), Vitamin B2: 3.85mg (226.38%), Manganese: 4.04mg (202.1%), Vitamin A: 9076.59IU (181.53%), Vitamin B5: 16.39mg (163.85%), Potassium: 4522.63mg (129.22%), Vitamin K: 132.63µg (126.31%), Copper: 2.26mg (113.12%), Magnesium: 398.64mg (99.66%), Vitamin E: 7.15mg (47.69%), Vitamin C: 37.68mg (45.67%), Fiber: 8.35g (33.41%), Calcium: 324.65mg (32.46%), Vitamin D: 0.85µg (5.67%)