



One-pan baked chicken with squash, sage & walnuts



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg chicken thigh and drumstick pieces mixed
- ☐ 3 tbsp olive oil
- ☐ 3 onions red peeled cut into large wedges
- ☐ 1 butternut squash peeled deseeded cut into wedges
- ☐ 1 bunch sage leaves picked
- ☐ 100 g walnut halves roughly chopped
- ☐ 1 tablespoon sherry vinegar good

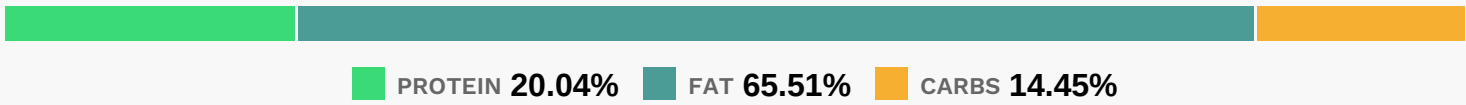
Equipment

- ☐ oven
- ☐ tongs

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip the chicken pieces into a largish roasting tin and toss with the oil, onions and squash. Season with salt and pepper and arrange chicken so its all skin-side up.
- ☐ Roast in oven for about 25 mins, remove, toss through sage, walnuts, then drizzle over vinegar. Using tongs, again arrange chicken so its all skin-side up. Roast for another 25-30 mins until chicken is golden brown and the veg soft and sticky.
- ☐ Serve straight from the tin with some mashed potato.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:42.508260929066%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 925.59kcal (46.28%), Fat: 68.72g (105.73%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 27.11g (9.86%), Sugar: 8.28g (9.2%), Cholesterol: 245mg (81.67%), Sodium: 204.43mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.29g (94.58%), Copper: 8.38mg (419%), Vitamin A: 20132.9IU (402.66%), Manganese: 1.63mg (81.64%), Vitamin B3: 14.24mg (71.18%), Selenium: 49.33µg (70.46%), Vitamin B6: 1.38mg (68.97%), Phosphorus: 568.54mg (56.85%), Vitamin C: 45.82mg (55.54%), Magnesium: 163.46mg (40.87%), Potassium: 1415.58mg (40.45%), Vitamin B5: 3.53mg (35.34%), Vitamin B1: 0.5mg (33.55%), Vitamin E: 4.93mg (32.86%), Zinc: 4.37mg (29.12%), Fiber: 7.01g (28.04%), Vitamin B12: 1.6µg (26.67%), Vitamin B2:

0.43mg (25.32%), Folate: 98.3µg (24.58%), Iron: 4.25mg (23.6%), Calcium: 170.43mg (17.04%), Vitamin K: 14.64µg (13.94%), Vitamin D: 0.25µg (1.67%)