



One-Pan Sage-and-Onion Chicken and Sausage

 Gluten Free  Dairy Free

READY IN



810 min.

SERVINGS



6

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 4 pound meat from a rotisserie chicken
- 1 tablespoon sage dried
- 2 tablespoons sage leaves fresh chopped
- 1 optional: lemon
- 2 teaspoons mustard english
- 0.5 cup olive oil extra-virgin (not)

- 1 large onion
- 12 sausages
- 1 tablespoon worcestershire sauce

Equipment

- oven

Directions

- Peel and cut the onion into eighths, and put into a freezer bag with the oil, mustard, dried sage, a good grinding of pepper, and Worcestershire sauce.
- Cut lemon in half, squeeze juice into bag, and then cut the halves into eighths and add them. Squidge everything around to mix (the mustard needs help to combine) and then add the chicken pieces. Leave to marinade in the refrigerator overnight, or for up to 2 days.
- Preheat the oven to 425 degrees F. Allow the chicken to come to room temperature in its marinade.
- Arrange the chicken pieces in a roasting tin skin side up with the marinade, including all the bits and pieces, and tuck the sausages around them.
- Sprinkle the fresh sage leaves over the chicken and sausages and then put the tin into the oven to cook for 1 hour and 15 minutes. Turn the sausages over half way through to color them evenly.
- Arrange the chicken and sausages on a large platter.

Nutrition Facts

  
PROTEIN 24.43% **FAT 73.11%** **CARBS 2.46%**

Properties

Glycemic Index:18.75, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:27.351738950481%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin:

1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg
Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.28mg, Quercetin: 5.28mg,
Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 885.56kcal (44.28%), Fat: 70.99g (109.21%), Saturated Fat: 21.82g (136.35%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.02g (2.24%), Cholesterol: 231.26mg (77.09%), Sodium: 1362.89mg (59.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.37g (106.73%), Copper: 6.27mg (313.52%), Vitamin B3: 17.95mg (89.77%), Vitamin B6: 1.08mg (54.09%), Phosphorus: 455.9mg (45.59%), Vitamin B1: 0.58mg (38.92%), Zinc: 5.7mg (38.02%), Vitamin B12: 1.89µg (31.58%), Selenium: 21.13µg (30.19%), Vitamin B5: 2.53mg (25.28%), Vitamin B2: 0.4mg (23.49%), Potassium: 793.4mg (22.67%), Iron: 3.85mg (21.4%), Vitamin C: 15.38mg (18.64%), Vitamin D: 2.5µg (16.67%), Magnesium: 62.14mg (15.53%), Manganese: 0.3mg (14.8%), Vitamin K: 11.03µg (10.51%), Vitamin E: 1.34mg (8.91%), Vitamin A: 357.62IU (7.15%), Calcium: 63.82mg (6.38%), Fiber: 1.23g (4.93%), Folate: 18.3µg (4.57%)