

Quick Baked Chicken with Italian Sausage and Wine

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

1 1/2 pounds boneless chicken breasts, sliced into bite-sized pieces
1 medium sweet onion, chopped
1 pound Italian sausage
1 package frozen carrots
3 stalks celery, chopped
1 1/2 pounds fresh mushrooms, sliced
1 large clove garlic, minced
1 cup red wine
dash soy sauce
dash Worcestershire sauce
salt (to taste)
pepper (to taste)
1 bay leaf

Preheat oven to 325 degrees.

In a frying pan, brown the sausage until it is almost fully cooked. Set aside.

In the same pan, brown the onion with the chicken, carrots, celery, garlic and one-half of the mushrooms.

Drain the fat and add the soy sauce, Worcestershire sauce, salt and pepper.

Place everything into a two-quart baking dish. Add the red wine. Place in the oven.

Bake for approximately one hour.

If the wine cooks off, add additional wine to the mixture.

Per Serving (excluding unknown items): 2022 Calories; 145g Fat (69.1% calories from fat); 82g Protein; 64g Carbohydrate; 16g Dietary Fiber; 345mg Cholesterol; 3682mg Sodium. Exchanges: 9 Lean Meat; 11 Vegetable; 22 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	2022	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	69.1%	Vitamin B12 (mcg):	4.1mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	3.0mg

% Calories from Protein: 17.4%
Total Fat (g): 145g
Saturated Fat (g): 52g
Monounsaturated Fat (g): 65g
Polyunsaturated Fat (g): 20g
Cholesterol (mg): 345mg
Carbohydrate (g): 64g
Dietary Fiber (g): 16g
Protein (g): 82g
Sodium (mg): 3682mg
Potassium (mg): 4799mg
Calcium (mg): 251mg
Iron (mg): 16mg
Zinc (mg): 14mg
Vitamin C (mg): 54mg
Vitamin A (i.u.): 27408IU
Vitamin A (r.e.): 2740RE

Riboflavin B2 (mg): 3.8mg
Folacin (mcg): 247mcg
Niacin (mg): 43mg
Caffeine (mg): 0mg
Alcohol (kcal): 170
% Deficient: n.n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 9
Vegetable: 11
Fruit: 0
Non-Fat Milk: 0
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2022 **Calories from Fat:** 1397

% Daily Values*

Total Fat 145g	224%
Saturated Fat 52g	258%
Cholesterol 345mg	115%
Sodium 3682mg	153%
Total Carbohydrates 64g	21%
Dietary Fiber 16g	64%
Protein 82g	
Vitamin A	548%
Vitamin C	90%
Calcium	25%
Iron	89%

* Percent Daily Values are based on a 2000 calorie diet.