



1-2-3 Jambalaya

READY IN



45 min.

SERVINGS



10

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce beef broth canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 10 servings garnish: cilantro sprigs fresh
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 teaspoons creole seasoning
- ☐ 1 large bell pepper diced green
- ☐ 2 teaspoons hot sauce
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion diced

- ☐ 21 ounce onion soup french undiluted canned
- ☐ 3 cups rice long-grain uncooked
- ☐ 1 pound sausage smoked cut into 1/4-inch slices

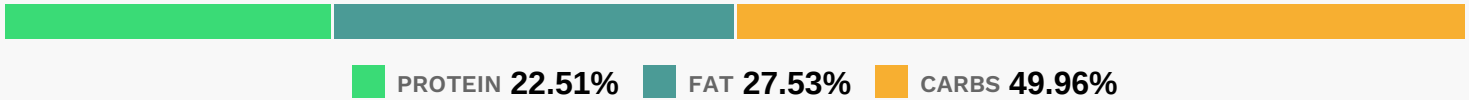
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Saut first 3 ingredients in hot oil in a Dutch oven 4 to 5 minutes or until sausage is browned. Stir in chicken and next 6 ingredients.
- ☐ Bake, covered, at 350 for 40 minutes, stirring after 30 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:27.1, Inflammation Score:-5, Nutrition Score:22.586956552837%

Flavonoids

Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 709.03kcal (35.45%), Fat: 21.26g (32.71%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 86.8g (28.93%), Net Carbohydrates: 81.5g (29.64%), Sugar: 3.92g (4.35%), Cholesterol: 94.76mg (31.59%), Sodium: 5584.08mg (242.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.24%), Selenium: 39.04µg (55.77%), Manganese: 1.08mg (53.92%), Vitamin B3: 9.08mg (45.41%), Vitamin B6: 0.89mg (44.62%), Phosphorus: 422.67mg (42.27%), Zinc: 4.17mg (27.77%), Vitamin B1: 0.38mg (25.09%), Potassium: 852.47mg (24.36%), Vitamin B2: 0.41mg (24.27%), Copper: 0.43mg (21.53%), Vitamin B12: 1.29µg (21.45%), Fiber: 5.3g (21.19%), Vitamin C: 17.25mg (20.91%), Magnesium: 79.24mg (19.81%), Vitamin B5: 1.86mg (18.59%), Iron: 3.06mg (16.98%), Calcium: 124.62mg (12.46%), Vitamin A: 340.11IU (6.8%), Vitamin E: 0.66mg (4.39%), Vitamin K: 4.6µg (4.38%), Folate: 15.72µg (3.93%), Vitamin D: 0.54µg (3.6%)