



Cajun Chicken



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces andouille sausage finely chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup celery finely chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

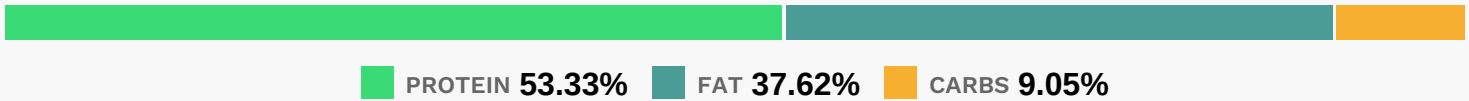
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium high heat.
- ☐ Add chicken; cook 6 minutes. Turn and sprinkle with 1/8 teaspoon salt and pepper; cook 6 minutes or until chicken is done.
- ☐ Transfer chicken to a platter. Wipe pan with paper towels. Coat pan with cooking spray; add sausage and next 4 ingredients. Coat mixture with cooking spray. Cook 5 minutes or until onion is tender, stirring frequently.
- ☐ Remove from heat and stir in parsley, oil, hot sauce, and salt. Return chicken to pan and spoon vegetable mixture over chicken. Cover and let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:28.806087131086%

Flavonoids

Apigenin: 16.88mg, Apigenin: 16.88mg, Apigenin: 16.88mg, Apigenin: 16.88mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 325.1kcal (16.26%), Fat: 13.33g (20.51%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.31g (3.67%), Cholesterol: 133.24mg (44.41%), Sodium: 679.92mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.53g (85.07%), Vitamin K: 136.51µg (130.01%), Vitamin B3: 19.89mg (99.44%), Selenium: 60.62µg (86.6%), Vitamin B6: 1.49mg (74.37%), Vitamin C: 45.96mg (55.71%), Phosphorus: 429.28mg (42.93%), Vitamin B5: 2.81mg (28.08%), Potassium: 959.37mg (27.41%), Vitamin A: 951.95IU (19.04%), Magnesium: 63.41mg (15.85%), Vitamin B1: 0.23mg (15.57%), Vitamin B2: 0.26mg (15.52%), Zinc: 1.92mg (12.8%), Iron: 1.86mg (10.36%), Vitamin B12: 0.62µg (10.3%), Folate: 39.27µg (9.82%), Manganese: 0.18mg (9.02%), Fiber: 2.03g (8.11%), Vitamin E: 1mg (6.69%), Copper: 0.13mg (6.42%), Calcium: 47.24mg (4.72%), Vitamin D: 0.57µg (3.78%)