



Chicken and Andouille Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7.5 ounces andouille sausage cut into (1/4-inch-thick) slices
- ☐ 1.5 cups rice
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 cups celery finely chopped
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 2.8 cups less-sodium chicken broth fat-free
- ☐ 3 garlic cloves minced
- ☐ 1 cup green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 teaspoons jalapeno finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 cups bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 2.5 cups chicken breast boneless skinless chopped
- ☐ 0.5 cup tomato purée
- ☐ 3 cups onion yellow finely chopped

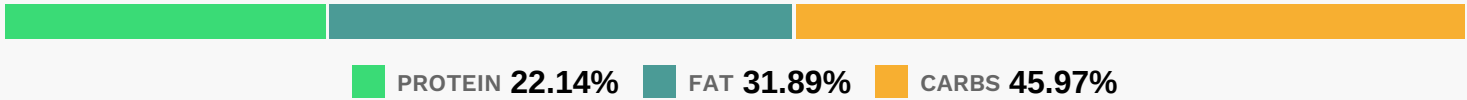
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add sausage; cook until sizzling quiets (about 8 minutes), stirring occasionally.
- ☐ Add bell pepper, onion, celery, and bay leaves; cook until vegetables are golden brown, sizzle loudly, and begin to squeak (about 14 minutes), stirring occasionally.
- ☐ Add chicken and next 8 ingredients (through garlic); cook 4 minutes, stirring occasionally.
- ☐ Add tomato puree; cook 2 minutes, stirring occasionally.
- ☐ Add broth, and bring to a boil. Stir in rice. Cover, reduce heat, and simmer 20 minutes. Discard bay leaves. Stir in green onions.

Nutrition Facts



Properties

Glycemic Index:52.53, Glycemic Load:25.42, Inflammation Score:-10, Nutrition Score:30.012174056924%

Flavonoids

Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 19.31mg, Quercetin: 19.31mg, Quercetin: 19.31mg, Quercetin: 19.31mg

Nutrients (% of daily need)

Calories: 474.91kcal (23.75%), Fat: 16.9g (25.99%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 49.56g (18.02%), Sugar: 9.1g (10.11%), Cholesterol: 70.48mg (23.49%), Sodium: 1218.86mg (52.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin C: 110.57mg (134.02%), Vitamin B3: 11.4mg (57.03%), Vitamin A: 2839.7IU (56.79%), Vitamin K: 59.36µg (56.53%), Selenium: 37.72µg (53.89%), Vitamin B6: 1.03mg (51.74%), Manganese: 0.89mg (44.58%), Phosphorus: 318.26mg (31.83%), Potassium: 960.8mg (27.45%), Vitamin B5: 2.29mg (22.85%), Vitamin E: 3.26mg (21.7%), Folate: 84.29µg (21.07%), Fiber: 5.26g (21.02%), Vitamin B2: 0.31mg (18.33%), Vitamin B1: 0.27mg (18.27%), Magnesium: 66.61mg (16.65%), Iron: 2.8mg (15.53%), Copper: 0.31mg (15.44%), Zinc: 2.31mg (15.43%), Vitamin B12: 0.68µg (11.34%), Calcium: 90.88mg (9.09%), Vitamin D: 0.56µg (3.72%)