



Chicken-and-Ham Jambalaya With Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes diced undrained canned
- ☐ 0.8 pound skinned and boned chicken breasts cut into 1-inch cubes
- ☐ 3 cups chicken broth
- ☐ 0.8 pound skinned and boned chicken thighs cut into 1-inch cubes
- ☐ 0.5 pound ham cooked cut into 1/2-inch cubes
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large bell pepper green seeded chopped
- ☐ 0.5 cup green onions tops chopped

- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2 cups rice long-grain rinsed uncooked drained
- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 4 garlic cloves whole
- ☐ 2 cups onions yellow chopped

Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ dutch oven

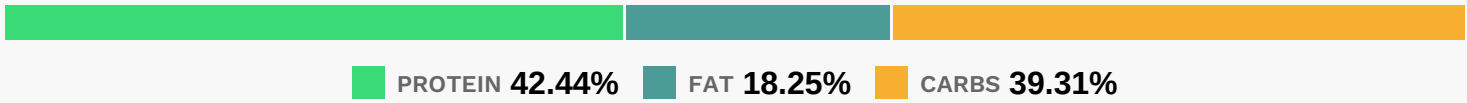
Directions

- ☐ Sprinkle chicken evenly with salt and ground peppers.
- ☐ Cook chicken in hot oil in a Dutch oven over medium heat 8 to 10 minutes or until brown on all sides.
- ☐ Remove chicken with a slotted spoon to a large bowl.
- ☐ Add ham to Dutch oven, and cook, stirring constantly, 5 minutes or until lightly browned.
- ☐ Add ham to chicken; set aside.
- ☐ Add onions and next 3 ingredients to Dutch oven, and cook 5 minutes, stirring to loosen any browned bits.
- ☐ Drain tomatoes, reserving liquid. Stir reserved liquid and chicken broth into Dutch oven.
- ☐ Add chicken and ham; cover and cook over low heat 45 minutes.
- ☐ Peel shrimp; devein, if desired.
- ☐ Mash cooked garlic against side of Dutch oven, and blend into the mixture.

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Add shrimp, green onions, and remaining ingredients, and bring to a boil. Cover and reduce heat to medium low; simmer, stirring occasionally, 25 minutes or until rice is tender and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:24.55, Inflammation Score:-6, Nutrition Score:25.484782645236%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 484.94kcal (24.25%), Fat: 9.75g (15%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.3g (16.11%), Sugar: 5.3g (5.88%), Cholesterol: 272.64mg (90.88%), Sodium: 1261.6mg (54.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.01g (102.02%), Phosphorus: 590.21mg (59.02%), Selenium: 36.96µg (52.81%), Vitamin B3: 9.65mg (48.24%), Vitamin B6: 0.86mg (43%), Vitamin C: 35.14mg (42.6%), Manganese: 0.83mg (41.52%), Vitamin K: 41.75µg (39.76%), Copper: 0.77mg (38.55%), Potassium: 1000.64mg (28.59%), Zinc: 3.91mg (26.09%), Magnesium: 98.57mg (24.64%), Vitamin B1: 0.35mg (23.12%), Vitamin B5: 2.09mg (20.86%), Vitamin B2: 0.31mg (18.49%), Iron: 2.84mg (15.79%), Calcium: 136.23mg (13.62%), Vitamin B12: 0.77µg (12.91%), Fiber: 2.95g (11.81%), Vitamin E: 1.37mg (9.12%), Vitamin A: 383.95IU (7.68%), Folate: 30.61µg (7.65%)