



Chicken-and-Sausage Creole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14.5 oz canned tomatoes diced canned
- 1 cup celery chopped
- 3 cups meat from a rotisserie chicken cooked chopped
- 28 oz chicken broth fat-free low-sodium divided canned
- 2 teaspoons parsley fresh chopped
- 2 garlic cloves minced
- 1 bell pepper green chopped

- 0.1 teaspoon ground pepper red
- 1 cup rice long-grain uncooked
- 1 teaspoon salt
- 0.5 pound sausage smoked cut into 1/2-inch rounds
- 2 cups onion yellow chopped

Equipment

- dutch oven

Directions

- Prepare rice according to package directions, substituting 2 cups broth for water.
- Meanwhile, saut sausage and next 4 ingredients in a lightly greased Dutch oven over medium-high heat 5 minutes or until vegetables are tender. Stir in remaining broth, chicken, and next 5 ingredients. Bring to a boil over medium-high heat. Reduce heat to low; simmer, stirring occasionally, 20 minutes.
- Remove and discard bay leaves, and serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:43.7, Glycemic Load:17.57, Inflammation Score:-6, Nutrition Score:18.186521758204%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 399.83kcal (19.99%), Fat: 15.43g (23.74%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 34.1g (12.4%), Sugar: 6.23g (6.92%), Cholesterol: 79.34mg (26.45%), Sodium: 1410.1mg (61.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.1%), Vitamin B3: 9.03mg (45.14%),

Selenium: 30.63µg (43.76%), Vitamin B6: 0.66mg (32.9%), Vitamin C: 27.12mg (32.87%), Manganese: 0.63mg (31.65%), Phosphorus: 271.96mg (27.2%), Potassium: 669.26mg (19.12%), Vitamin B1: 0.27mg (17.7%), Vitamin B12: 1.04µg (17.31%), Zinc: 2.56mg (17.08%), Vitamin B5: 1.64mg (16.41%), Vitamin B2: 0.28mg (16.29%), Copper: 0.32mg (16.22%), Iron: 2.8mg (15.56%), Fiber: 3.26g (13.03%), Magnesium: 51.52mg (12.88%), Vitamin K: 10.87µg (10.35%), Folate: 36.07µg (9.02%), Calcium: 71.68mg (7.17%), Vitamin A: 348.33IU (6.97%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.42µg (2.77%)