



 **19%**
HEALTH SCORE

Chicken and Sausage Etouffee

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

READY IN



45 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz canned tomatoes with chiles canned
- 6 servings rice hot cooked
- 21.5 oz cream of mushroom soup canned
- 1 bell pepper green chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 1 pound chicken breast boneless skinless cubed
- 1 pound andouille smoked sliced

6 oz canned tomatoes canned

Equipment

microwave

dutch oven

Directions

Heat oil in a Dutch oven over medium heat.

Add onion, pepper, celery and chicken; cook until juices run clear when chicken is pierced with a fork.

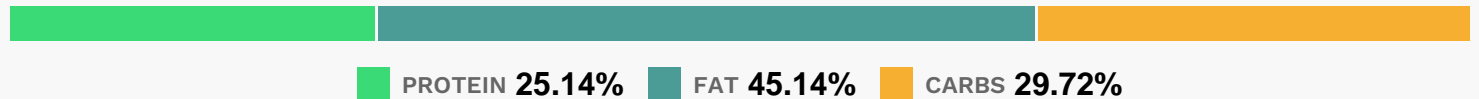
While chicken is cooking, place sausage in a microwave-safe dish with just enough water to cover. Microwave on high 5 minutes; drain sausage and add to chicken mixture.

Add tomatoes to chicken mixture; cook 10 minutes over low heat.

Add tomato paste and soup; stir until well blended. Simmer 3 minutes or until bubbly.

Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:26.87, Inflammation Score:-6, Nutrition Score:25.21869570276%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 549.64kcal (27.48%), Fat: 27.43g (42.19%), Saturated Fat: 9.06g (56.62%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 37.12g (13.5%), Sugar: 6.7g (7.44%), Cholesterol: 107.14mg (35.71%), Sodium: 1613.34mg (70.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Vitamin B3: 13.17mg (65.86%), Selenium: 40.85µg (58.36%), Vitamin B6: 1.06mg (52.98%), Manganese: 0.99mg (49.48%), Vitamin C: 29.51mg (35.77%), Phosphorus: 351.67mg (35.17%), Potassium: 999.69mg (28.56%), Copper: 0.57mg (28.43%),

Vitamin B1: 0.39mg (26.2%), Zinc: 3.93mg (26.18%), Vitamin B12: 1.46µg (24.25%), Vitamin B5: 2.29mg (22.95%),
Vitamin B2: 0.35mg (20.57%), Iron: 3.62mg (20.12%), Magnesium: 73.7mg (18.43%), Vitamin E: 2.12mg (14.16%),
Fiber: 3.5g (14.01%), Folate: 36.97µg (9.24%), Vitamin K: 9.61µg (9.15%), Vitamin A: 360.55IU (7.21%), Calcium:
69.03mg (6.9%), Vitamin D: 0.91µg (6.05%)