



Chicken-and-Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 14.5 ounce chicken broth canned
- ☐ 20 ounce rotel milder tomatoes & chilies diced green canned
- ☐ 1 teaspoon garlic powder
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 small onion chopped
- ☐ 2 cups rice long-grain uncooked
- ☐ 1 deli-roasted chicken whole

- ☐ 1 pound sausage smoked cut into 1/4-inch-thick slices
- ☐ 1 cup water

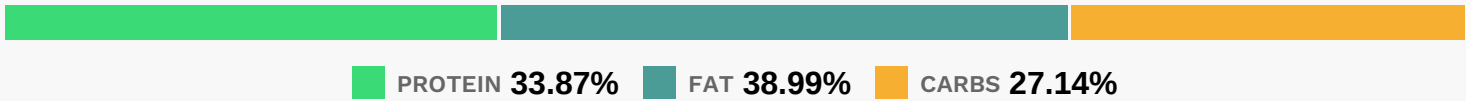
Equipment

- ☐ dutch oven

Directions

- ☐ Remove chicken from bones; cut chicken into bite-size pieces, and set aside.
- ☐ Cook sausage in a Dutch oven over medium heat, stirring occasionally, 5 minutes.
- ☐ Add bell pepper and onion; cook, stirring occasionally, 3 minutes or until vegetables are tender.
- ☐ Stir in tomatoes and green chilies, broth, 1 cup water, garlic powder, and Cajun seasoning; bring to a boil, stirring occasionally. Stir in chicken and rice. Cover, reduce heat, and simmer 30 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:19.7, Glycemic Load:30, Inflammation Score:-6, Nutrition Score:30.62956511456%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 873.87kcal (43.69%), Fat: 36.86g (56.71%), Saturated Fat: 11.55g (72.19%), Carbohydrates: 57.75g (19.25%), Net Carbohydrates: 55.31g (20.11%), Sugar: 3.34g (3.71%), Cholesterol: 207.93mg (69.31%), Sodium: 1107.4mg (48.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.04g (144.07%), Selenium: 71.47µg (102.11%), Vitamin B3: 18.5mg (92.5%), Vitamin B6: 1.19mg (59.73%), Phosphorus: 592.25mg (59.23%), Zinc: 6.62mg (44.16%), Manganese: 0.85mg (42.42%), Vitamin B12: 2.29µg (38.18%), Vitamin B2: 0.53mg (31.05%), Vitamin C: 25.61mg (31.04%), Iron: 5.18mg (28.8%), Vitamin B1: 0.4mg (26.76%), Vitamin B5: 2.67mg (26.71%), Potassium: 927.98mg (26.51%), Magnesium: 86.02mg (21.51%), Copper: 0.4mg (20.03%), Vitamin A: 535.22IU (10.7%), Fiber: 2.44g (9.77%), Calcium: 87.65mg (8.77%), Folate: 29.49µg (7.37%), Vitamin E: 1.11mg (7.37%), Vitamin D: 0.9µg (6%),

Vitamin K: 6.16µg (5.87%)