



Chicken and Sausage Jambalaya

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 1 tablespoons creole seasoning
- 1 teaspoon thyme leaves dried
- 4 chicken thighs boneless skinless cut into 1-inch cubes
- 0.5 lb andouille sausage fully cooked sliced
- 14.5 oz tomatoes diced with basil, garlic and oregano canned
- 1 cup rice long grain

- 1 medium bell pepper red chopped
- 1 medium onion chopped
- 14.5 oz chicken broth canned
- 4 spring onion chopped
- 1 serving sauce of the chicken from the turbo broiler

Equipment

- bowl
- frying pan
- ladle
- oven
- kitchen thermometer
- microwave
- measuring cup
- baking spatula

Directions

- Preheat oven to 400°F.
- Add flour, Creole seasoning and thyme to Reynolds® Oven Bag; shake to blend.
- Place bag in 13x9x2-inch pan.
- Add chicken, sausage, tomatoes, rice, bell pepper, and onion to oven bag; turn several times to coat ingredients with seasonings. Arrange ingredients in even layer in bag. Fold down bag opening two times to hold it open; set aside.
- Microwave broth in a medium microwave-safe bowl or measuring cup for about 2 minutes on high power until broth is very hot. Carefully pour or ladle both over ingredients in oven bag. Carefully unfold bag opening.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- Bake 30 to 35 minutes, until chicken reads 170°F on meat thermometer and rice is done.
- Let stand 5 minutes. Carefully cut top of bag open; stir with rubber scraper or spoon.

Garnish servings with chopped green onions and add hot sauce, if desired.

Nutrition Facts

PROTEIN 35.38% **FAT 36.6%** **CARBS 28.02%**

Properties

Glycemic Index:76.05, Glycemic Load:24.56, Inflammation Score:-9, Nutrition Score:33.665651922641%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 729.02kcal (36.45%), Fat: 29.21g (44.94%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 46.83g (17.03%), Sugar: 5.95g (6.61%), Cholesterol: 207.49mg (69.16%), Sodium: 1219.04mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.54g (127.08%), Selenium: 64.26µg (91.79%), Vitamin B3: 14.33mg (71.67%), Vitamin C: 53.68mg (65.07%), Vitamin B6: 1.16mg (57.93%), Phosphorus: 552.11mg (55.21%), Zinc: 6.55mg (43.63%), Vitamin A: 1948.04IU (38.96%), Vitamin B12: 2.31µg (38.44%), Manganese: 0.74mg (36.88%), Vitamin K: 36.08µg (34.37%), Vitamin B2: 0.55mg (32.19%), Potassium: 1040.65mg (29.73%), Iron: 4.92mg (27.35%), Vitamin B1: 0.38mg (25.32%), Vitamin B5: 2.5mg (25.04%), Magnesium: 89.29mg (22.32%), Copper: 0.36mg (18.17%), Vitamin E: 2.71mg (18.05%), Fiber: 3.49g (13.98%), Folate: 50.63µg (12.66%), Calcium: 95.67mg (9.57%), Vitamin D: 0.9µg (5.98%)