



## Chicken and Sausage Jambalaya

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

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**1033 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds pork sausage smoked
- ☐ 14 ounce frangelico whole drained chopped canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 rib celery stalks chopped
- ☐ 5.5 pounds chicken pieces with skin and bones)
- ☐ 2 cups chicken stock see
- ☐ 4 large garlic clove finely chopped
- ☐ 1 bell pepper green chopped

- ☐ 3 medium onion chopped
- ☐ 1 cup spring onion thinly sliced
- ☐ 4 tablespoons vegetable oil
- ☐ 1.5 cups water
- ☐ 2.5 cups rice long-grain white rinsed drained well

## Equipment

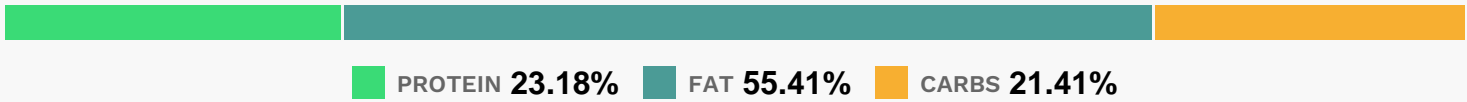
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ tongs

## Directions

- ☐ Pat chicken dry and season with salt.
- ☐ Heat 2 tablespoons oil in a 10- to 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken in batches, without crowding, turning once, 6 to 8 minutes total (add remaining 2 tablespoons oil as needed between batches).
- ☐ Transfer to a bowl as browned.
- ☐ Reduce heat to moderate and brown sausage in 4 batches in fat remaining in skillet, turning, 3 to 4 minutes.
- ☐ Transfer to a paper-towel-lined bowl as browned.
- ☐ Pour off all but about 1 tablespoon fat from skillet, then cook onions, celery, and bell pepper in skillet over moderate heat, stirring occasionally, until onions are golden brown and softened, about 8 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add 1 cup stock and cook, stirring, 1 minute.
- ☐ Transfer mixture to a wide 8-quart heavy pot and add chicken, water, tomatoes, cayenne (if using), and remaining cup stock. Simmer, partially covered, until chicken is tender, about 30 minutes.

- ☐ Preheat oven to 325°F.
- ☐ Transfer chicken with tongs to a clean bowl and measure cooking liquid with vegetables, adding additional water as necessary to measure 7 cups. If over 7 cups, boil to reduce.
- ☐ Stir rice into cooking liquid (in pot). Arrange chicken over rice (do not stir), then bring to a boil over high heat, uncovered, without stirring.
- ☐ Bake, covered, in middle of oven until rice is tender and most of liquid is absorbed, about 30 minutes.
- ☐ Remove from heat and let jambalaya stand, covered, 10 minutes. Gently stir in scallion greens, sausage, and salt to taste.
- ☐ \* Available at specialty foods shops and Citarella (212-874-0383).

## Nutrition Facts



## Properties

Glycemic Index:31.52, Glycemic Load:29.05, Inflammation Score:-7, Nutrition Score:29.257391204005%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

## Nutrients (% of daily need)

Calories: 1033.14kcal (51.66%), Fat: 62.51g (96.17%), Saturated Fat: 17.99g (112.42%), Carbohydrates: 54.34g (18.11%), Net Carbohydrates: 52.26g (19%), Sugar: 3.44g (3.82%), Cholesterol: 222.08mg (74.03%), Sodium: 784.83mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.83g (117.65%), Vitamin B3: 20.5mg (102.48%), Vitamin B6: 1.24mg (62.23%), Selenium: 41.09µg (58.69%), Phosphorus: 531.32mg (53.13%), Vitamin K: 43.49µg (41.42%), Manganese: 0.79mg (39.57%), Zinc: 5.5mg (36.66%), Vitamin B5: 3.17mg (31.71%), Vitamin B1: 0.46mg (30.68%), Vitamin B2: 0.47mg (27.37%), Vitamin C: 21.99mg (26.66%), Potassium: 869.87mg (24.85%), Vitamin B12: 1.38µg (23%), Iron: 3.8mg (21.09%), Magnesium: 80.22mg (20.06%), Copper: 0.37mg (18.28%), Vitamin A: 570.21IU (11.4%), Vitamin E: 1.59mg (10.59%), Vitamin D: 1.53µg (10.2%), Folate: 38.72µg (9.68%), Fiber: 2.08g (8.33%), Calcium: 73.18mg (7.32%)