



Chicken and Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken breast shredded boneless skinless
- ☐ 2 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 14.5 ounce beef broth fat-free canned

- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces andouille smoked halved lengthwise cut into 1/4-inch slices reduced-fat
- ☐ 6 thyme sprigs fresh
- ☐ 1 cup water
- ☐ 1 cup rice long-grain white uncooked

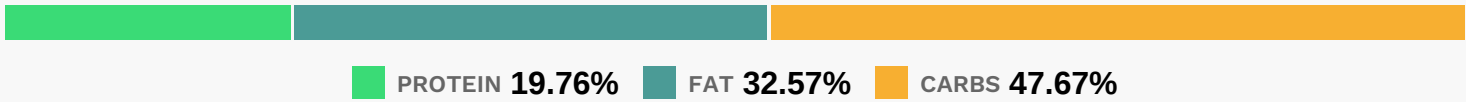
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sausage; saut 1 minute or until browned.
- ☐ Add onion, celery, bell pepper, and garlic; saut 6 minutes or until tender.
- ☐ Add rice and next 5 ingredients (through broth); bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is done.
- ☐ Remove thyme sprigs; discard. Stir in tomatoes and chicken. Cook 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:68.8, Glycemic Load:25.11, Inflammation Score:-9, Nutrition Score:18.280869442484%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 414.19kcal (20.71%), Fat: 14.99g (23.06%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 45.66g (16.61%), Sugar: 6.07g (6.74%), Cholesterol: 54.19mg (18.06%), Sodium: 817.99mg (35.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.91%), Manganese: 0.83mg (41.39%), Vitamin B3: 7.48mg (37.41%), Selenium: 25.55µg (36.49%), Vitamin C: 29.72mg (36.02%), Vitamin B6: 0.69mg (34.26%), Potassium: 891.25mg (25.46%), Phosphorus: 227.13mg (22.71%), Copper: 0.37mg (18.64%), Vitamin B1: 0.27mg (18.04%), Vitamin B5: 1.57mg (15.65%), Iron: 2.7mg (14.99%), Fiber: 3.69g (14.75%), Magnesium: 55.78mg (13.94%), Zinc: 2.02mg (13.5%), Vitamin E: 1.9mg (12.68%), Vitamin B2: 0.21mg (12.56%), Vitamin B12: 0.72µg (11.95%), Vitamin K: 12.28µg (11.69%), Vitamin A: 481.61IU (9.63%), Folate: 31.32µg (7.83%), Calcium: 75.05mg (7.5%), Vitamin D: 0.51µg (3.37%)