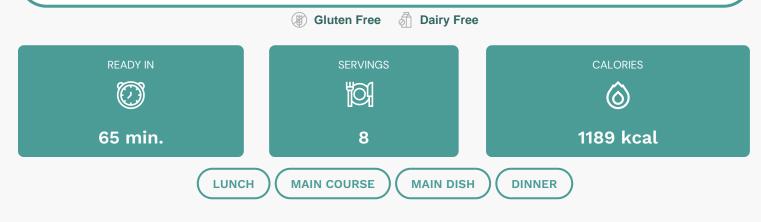


Chicken and Sausage Jambalaya



Ingredients

2 pourids andounie sausage cut into 1/4-inch-thick sides
0.3 teaspoon pepper black divided freshly ground
8 cups chicken broth low-sodium homemade canned
1 leaf garnish: flat parsley fresh
1 cup flat-leaf parsley fresh divided chopped
1 tablespoon garlic chopped
1 cup green onions divided finely chopped
0.5 teaspoon ground pepper red

	2 cups onions chopped
	1 cup bell pepper green red chopped
	3 cups rice long-grain
	1 teaspoon salt divided
	2 pounds chicken breasts boneless skinless chopped
	2 tablespoons vegetable oil
Equipment	
	pot
	slotted spoon
	dutch oven
Directions	
	Season chicken with 1/2 teaspoon salt and black pepper.
	Heat oil in a large Dutch oven over medium-high heat.
	Add half the chicken, and cook about 5 minutes or until browned on all sides; remove from pot. Brown remaining chicken.
	Add sausage and cooked chicken, and cook, stirring frequently, about 5 minutes or until browned; remove with slotted spoon.
	Add onion, bell pepper, 3/4 cup green onions, and 1/2 cup parsley; cook, stirring frequently, about 5 minutes.
	Add garlic and rice; cook, stirring constantly, 2 minutes.
	Add broth, remaining 1/2 teaspoon salt, and ground red pepper. Bring to a boil; reduce heat, cover, and simmer 18 minutes or until rice is tender and all liquid is absorbed.
	Remove from heat; let stand, covered, 5 minutes. Stir in remaining 1/4 cup green onions and 1/2 cup parsley.
	Garnish, if desired, and serve hot.

Nutrition Facts

Properties

Glycemic Index:36.02, Glycemic Load:34.64, Inflammation Score:-9, Nutrition Score:42.549130688543%

Flavonoids

Apigenin: 16.43mg, Apigenin: 16.43mg, Apigenin: 16.43mg, Apigenin: 16.43mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2mg, Isorhamnetin: 2mg,

Nutrients (% of daily need)

Calories: 1188.86kcal (59.44%), Fat: 54.43g (83.74%), Saturated Fat: 15.96g (99.75%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 62.82g (22.84%), Sugar: 3.84g (4.27%), Cholesterol: 272.6mg (90.87%), Sodium: 2345.5mg (101.98%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 103g (206.01%), Vitamin K: 163.95µg (156.14%), Selenium: 108.4µg (154.85%), Vitamin B3: 25.12mg (125.59%), Vitamin B6: 1.69mg (84.68%), Phosphorus: 826.9mg (82.69%), Zinc: 9.56mg (63.71%), Vitamin B12: 3.39µg (56.47%), Manganese: 0.91mg (45.6%), Potassium: 1375.98mg (39.31%), Vitamin C: 32.19mg (39.02%), Vitamin B2: 0.59mg (34.58%), Vitamin B5: 3.25mg (32.55%), Iron: 5.84mg (32.45%), Vitamin B1: 0.46mg (30.42%), Magnesium: 116.65mg (29.16%), Vitamin A: 1332.47IU (26.65%), Copper: 0.42mg (21.02%), Vitamin E: 2.49mg (16.59%), Vitamin D: 1.91µg (12.71%), Folate: 44.55µg (11.14%), Fiber: 2.55g (10.18%), Calcium: 97.04mg (9.7%)