



Chicken and Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



1189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds andouille sausage cut into 1/4-inch-thick slices
- ☐ 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



 PROTEIN **35.42%**  FAT **42.11%**  CARBS **22.47%**

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, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

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 %: 0% (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%)