



Chicken and Sausage Jambalaya

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausages quartered
- ☐ 12 ounces applewood-smoked bacon diced
- ☐ 2.5 cups beef broth
- ☐ 0.3 teaspoon cayenne pepper ()
- ☐ 2 large celery stalks chopped
- ☐ 1 tablespoon chili powder
- ☐ 30 ounce tomatoes and chiles diced green canned
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 8 ounce bell pepper green coarsely chopped
- ☐ 2 cups green onions chopped
- ☐ 4 cups onions chopped
- ☐ 2 tablespoons paprika
- ☐ 10 servings parsley fresh italian chopped
- ☐ 8 ounce bell pepper red coarsely chopped
- ☐ 6 large chicken thighs boneless skinless cut into 1- to 1 1/2-inch pieces
- ☐ 1.5 pounds sausage smoked fully cooked halved lengthwise (such as linguiça)
- ☐ 19 ounces rice long-grain white
- ☐ 0.5 pound tasso smoked black cut into 1/2-inch cubes (such as Forest)

Equipment

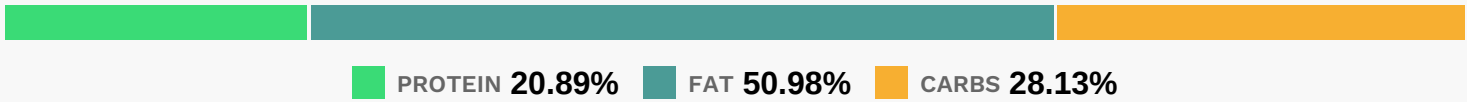
- ☐ oven
- ☐ pot

Directions

- ☐ Position rack in bottom third of oven and preheat to 350°F. Cook bacon in very large pot over medium-high heat until brown but not yet crisp, stirring often, 8 to 10 minutes.
- ☐ Add smoked sausage, andouille, and tasso. Sauté until meats start to brown in spots, about 10 minutes.
- ☐ Add onions, celery, and bell peppers. Cook until vegetables begin to soften, stirring occasionally, 10 to 12 minutes.
- ☐ Mix in chicken. Cook until outside of chicken turns white, stirring often, 5 to 6 minutes.
- ☐ Mix in paprika, thyme, chili powder, and 1/4 teaspoon cayenne. Cook 1 minute.
- ☐ Add diced tomatoes with chiles and broth; stir to blend well.
- ☐ Add more cayenne, if desired.
- ☐ Mix in rice.
- ☐ Bring jambalaya to boil. Cover pot.
- ☐ Place in oven and bake until rice is tender and liquids are absorbed, 45 to 48 minutes. Uncover pot.

Mix chopped green onions into jambalaya; sprinkle jambalaya with chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:28.02, Inflammation Score:-10, Nutrition Score:37.671304288118%

Flavonoids

Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 863.53kcal (43.18%), Fat: 48.67g (74.88%), Saturated Fat: 16.07g (100.42%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 55.39g (20.14%), Sugar: 7.53g (8.37%), Cholesterol: 185.07mg (61.69%), Sodium: 1765.85mg (76.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.87g (89.74%), Vitamin K: 116.78µg (111.22%), Vitamin C: 70.19mg (85.08%), Selenium: 49.83µg (71.18%), Vitamin B3: 12.88mg (64.39%), Vitamin B6: 1.05mg (52.27%), Phosphorus: 501.5mg (50.15%), Vitamin A: 2463.03IU (49.26%), Manganese: 0.92mg (46.17%), Vitamin B1: 0.6mg (40.1%), Zinc: 5.52mg (36.81%), Vitamin B12: 2.12µg (35.3%), Potassium: 1145.42mg (32.73%), Vitamin B2: 0.52mg (30.62%), Iron: 4.97mg (27.64%), Vitamin B5: 2.54mg (25.4%), Copper: 0.45mg (22.28%), Magnesium: 88.51mg (22.13%), Fiber: 5.04g (20.18%), Vitamin E: 2.64mg (17.59%), Folate: 63.51µg (15.88%), Calcium: 111.53mg (11.15%), Vitamin D: 1.52µg (10.13%)