



Chicken and Sausage Maque Choux

 Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



771 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground pepper to taste
- 1 large rib celery stalks sliced
- 0.8 pound cherry tomatoes halved ()
- 3 pounds strips. with skin, excess fat trimmed
- 6 servings top
- 6 ears corn
- 0.3 cup basil fresh chopped
- 1 bell pepper green chopped

- 0.5 pound ground sausage italian hot cut into 1/2-inch slices
- 1 tablespoon cooking oil
- 3 medium onion chopped
- 1 bell pepper red chopped
- 2 thyme sprigs fresh

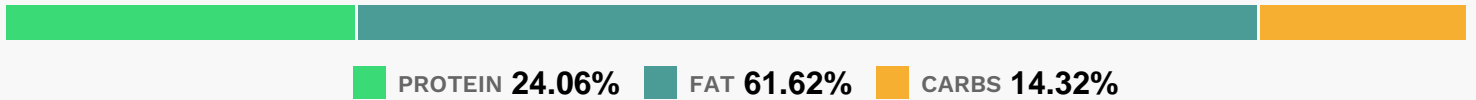
Equipment

- bowl
- knife
- pot

Directions

- Cut kernels off cobs and, working over a large bowl, scrape cobs with knife to extract all juices. Discard cobs. Pat chicken dry and season with salt and pepper.
- Heat oil in a heavy 8-qt. pot over moderately high heat until hot but not smoking, then brown sausage, transferring to a plate. Brown chicken in batches, transferring to another plate.
- Pour off all but 1 tablespoon fat from pot, then sauté onions, bell peppers, celery, thyme, cayenne, and salt to taste over moderately high heat, stirring occasionally, 4 minutes.
- Add corn with juices and cook, stirring, 2 minutes. Stir in tomatoes and sausage.
- Nestle chicken into mixture and simmer, covered, stirring occasionally, until chicken is cooked through, about 40 minutes. If the maque choux is soupier than you like, simmer uncovered until juices are reduced. Stir in basil and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:30.659565334735%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 770.67kcal (38.53%), Fat: 53.34g (82.06%), Saturated Fat: 14.95g (93.42%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 23.88g (8.68%), Sugar: 10.76g (11.95%), Cholesterol: 250.99mg (83.66%), Sodium: 480.55mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.85g (93.7%), Vitamin C: 66.05mg (80.06%), Selenium: 53.21µg (76.01%), Vitamin B3: 14.09mg (70.44%), Vitamin B6: 1.2mg (59.8%), Phosphorus: 535.55mg (53.56%), Vitamin B1: 0.6mg (39.86%), Vitamin B5: 3.37mg (33.73%), Potassium: 1093.97mg (31.26%), Vitamin B12: 1.8µg (29.92%), Vitamin A: 1456.61IU (29.13%), Zinc: 4.2mg (28.02%), Vitamin B2: 0.47mg (27.67%), Magnesium: 98.41mg (24.6%), Manganese: 0.41mg (20.39%), Folate: 78.85µg (19.71%), Iron: 3.23mg (17.94%), Fiber: 4.02g (16.07%), Vitamin K: 15.28µg (14.56%), Copper: 0.28mg (14.14%), Vitamin E: 1.72mg (11.49%), Calcium: 52.96mg (5.3%), Vitamin D: 0.23µg (1.51%)