



Chicken and Sausage Stew

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 4 ounces chicken andouille sausage diced
- ☐ 3 cups rice white hot cooked
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups lower-sodium chicken broth fat-free
- ☐ 1.5 cups lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 12 ounces chicken thighs boneless skinless cut into 1-inch pieces

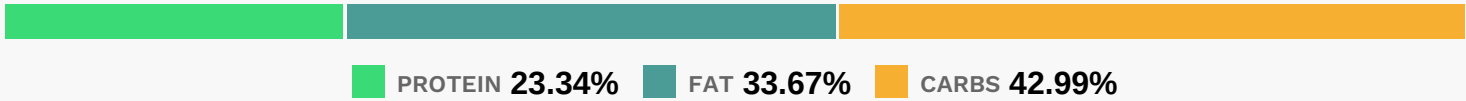
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat flour and oil in a Dutch oven over medium-low heat; cook for 5 minutes or until lightly browned, stirring frequently with a whisk.
- ☐ Add onion, bell pepper, celery, thyme, sausage, and garlic; increase heat to medium-high, and cook for 5 minutes, stirring mixture frequently.
- ☐ Add ground red pepper and chicken; cook for 1 minute. Stir in marinara sauce and chicken broth; bring to a boil, stirring frequently. Cover, reduce heat, and simmer 20 minutes or until chicken is tender.
- ☐ Remove from heat; stir in green onions.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:65.33, Glycemic Load:28.6, Inflammation Score:-7, Nutrition Score:17.109130392904%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

Nutrients (% of daily need)

Calories: 339.63kcal (16.98%), Fat: 12.75g (19.61%), Saturated Fat: 3.04g (19%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 33.39g (12.14%), Sugar: 5.74g (6.38%), Cholesterol: 70.12mg (23.37%), Sodium: 623.65mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Vitamin C: 31mg (37.57%), Selenium: 24.97µg (35.67%), Manganese: 0.64mg (32.11%), Vitamin K: 31.23µg (29.74%), Vitamin B6: 0.59mg (29.43%), Vitamin B3: 5.77mg (28.85%), Phosphorus: 219.69mg (21.97%), Potassium: 735.3mg (21.01%), Vitamin B5: 1.48mg (14.81%), Vitamin B2: 0.24mg (14.29%), Vitamin B1: 0.21mg (14.04%), Vitamin E: 2.08mg (13.89%), Zinc: 2.08mg (13.85%), Fiber: 3.23g (12.92%), Magnesium: 47.61mg (11.9%), Copper: 0.23mg (11.61%), Iron: 2.07mg (11.51%), Vitamin A: 574.62IU (11.49%), Folate: 41.47µg (10.37%), Vitamin B12: 0.55µg (9.13%), Calcium: 55.9mg (5.59%), Vitamin D: 0.26µg (1.76%)