



WHATSheATE



Chicken-and-Smoked Sausage Pilau



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots cut in half
- ☐ 3 rib celery cut in half
- ☐ 1.5 tablespoons seasoned pepper
- ☐ 1 pound mild pork sausage links smoked hot cut into 1/4-inch slices
- ☐ 4 cups rice long-grain uncooked
- ☐ 1.5 tablespoons lawry's seasoned salt
- ☐ 2 large onions sweet chopped

- ☐ 8 cups water
- ☐ 5 pound meat from a rotisserie chicken whole

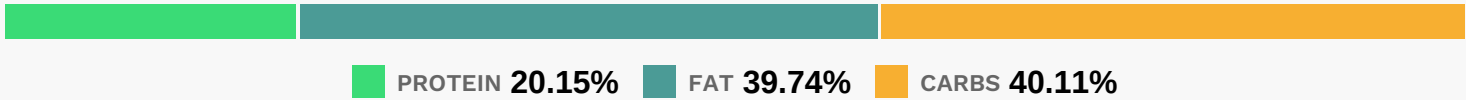
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring first 8 ingredients to a boil in a large Dutch oven or stockpot over medium-high heat. Reduce heat to low, cover, and simmer 1 hour or until chicken is tender.
- ☐ Remove from heat, and let stand 15 minutes.
- ☐ Remove and discard celery, carrots, and bay leaf from broth, reserving broth in Dutch oven.
- ☐ Remove chicken and cool slightly; remove skin and bones, and coarsely chop.
- ☐ Saut sausage in a large skillet over medium-high heat 5 minutes or until browned; drain.
- ☐ Add chicken and sausage to reserved broth in Dutch oven, and bring to a boil over medium-high heat; stir in rice, and return to boil. Cover, reduce heat to low, and cook 20 minutes or until broth is absorbed and rice is tender.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:36.11, Inflammation Score:-9, Nutrition Score:19.654347865478%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

Nutrients (% of daily need)

Calories: 670.56kcal (33.53%), Fat: 29.03g (44.66%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 63.79g (23.2%), Sugar: 4g (4.44%), Cholesterol: 114.31mg (38.1%), Sodium: 1438.45mg (62.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.22%), Vitamin B3: 10.94mg (54.7%), Manganese: 1.01mg (50.72%), Vitamin A: 2232.11IU (44.64%), Selenium: 27.24µg (38.92%), Vitamin B6: 0.75mg (37.35%), Phosphorus: 330.01mg (33%), Zinc: 3.37mg (22.44%), Vitamin B5: 2.16mg (21.57%), Vitamin B1: 0.28mg (18.54%), Copper: 0.33mg (16.54%), Potassium: 534.17mg (15.26%), Magnesium: 57.55mg (14.39%), Vitamin B2: 0.24mg (14.38%), Iron: 2.39mg (13.25%), Vitamin B12: 0.72µg (12.05%), Fiber: 2.13g (8.54%), Folate: 30.73µg (7.68%), Vitamin C: 5.97mg (7.24%), Calcium: 64.56mg (6.46%), Vitamin D: 0.81µg (5.38%), Vitamin K: 5.26µg (5.01%), Vitamin E: 0.6mg (3.99%)