



Chicken and Tasso Jambalaya

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups chicken stock see
- 1.5 teaspoons salt
- 0.5 teaspoon pepper black
- 1 cup bell pepper green chopped
- 1.5 cups rice uncooked (preferably converted)
- 0.8 pound chicken boneless cut into bite-size pieces, 2 cups
- 0.3 teaspoon rubbed sage
- 2 bay leaves whole

- 1 tablespoon garlic minced
- 1 cup tomatoes peeled chopped
- 1 cup celery chopped
- 1 cup onion chopped
- 1.5 teaspoons pepper white
- 1 teaspoon thyme leaves dried
- 0.5 pound ham smoked chopped (preferred) (preferably Cure 81)
- 0.5 cup tomato sauce canned
- 2 teaspoons ground pepper red (preferably cayenne)
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Combine the seasoning mix ingredients in small bowl and set aside.
- Melt the butter in a 2-quart saucepan over high heat.
- Add the tasso and cook until meat starts to brown, about 3 minutes, stirring frequently.
- Add chicken and continue cooking until chicken is brown, about 3 to 5 minutes, stirring frequently and scraping pan bottom well. Stir in the seasoning mix and 1/2 cup each of the onions, celery, and bell peppers and the garlic. Cook until vegetables start to get tender, about 5 to 8 minutes, stirring fairly constantly and scraping pan bottom as needed. Stir in the tomato sauce and cook about 1 minute, stirring often. Stir in the remaining 1/2 cup each of the onions, celery, and bell peppers and the tomatoes.
- Remove from heat. Stir in the stock and rice, mixing well.
- Transfer mixture to an ungreased 8x8-inch baking pan.

- Bake uncovered in a 350° oven until rice is tender but still a bit crunchy, about 1 hour.
- Remove from oven. Stir well and remove bay leaves
- Let sit 5 minutes before serving.
- To serve, mold rice in an 8-ounce cup and place 2 cups on each serving plate for a main course or 1 cup for an appetizer.
- Chef Paul Prudhomme's Louisiana Kitchen
- Morrow, William & Co.

Nutrition Facts

PROTEIN 20.23% **FAT 27.27%** **CARBS 52.5%**

Properties

Glycemic Index:88.05, Glycemic Load:35.67, Inflammation Score:-9, Nutrition Score:21.030869535778%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 552.04kcal (27.6%), Fat: 16.66g (25.63%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 72.18g (24.06%), Net Carbohydrates: 67.99g (24.72%), Sugar: 7.64g (8.49%), Cholesterol: 77.38mg (25.79%), Sodium: 1978.42mg (86.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.61%), Manganese: 1.09mg (54.69%), Vitamin C: 44.26mg (53.65%), Phosphorus: 364.7mg (36.47%), Vitamin B3: 7.21mg (36.03%), Vitamin B6: 0.61mg (30.59%), Selenium: 20.62µg (29.46%), Vitamin A: 1376.34IU (27.53%), Copper: 0.52mg (26.01%), Potassium: 872.13mg (24.92%), Zinc: 2.89mg (19.24%), Magnesium: 72.45mg (18.11%), Vitamin B2: 0.29mg (17.11%), Fiber: 4.18g (16.74%), Iron: 2.99mg (16.63%), Vitamin K: 16.94µg (16.13%), Vitamin B5: 1.38mg (13.76%), Vitamin B1: 0.2mg (13.33%), Folate: 46.04µg (11.51%), Vitamin E: 1.57mg (10.44%), Calcium: 78.08mg (7.81%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.19µg (1.24%)