



Chicken Bog

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.3 cup pepper black
- ☐ 0.5 cup butter (1 stick)
- ☐ 3 pound meat from a rotisserie chicken quartered
- ☐ 0.3 cup garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground pepper red
- ☐ 1 cup onion chopped

- ☐ 1 cup salt
- ☐ 2 teaspoons lawry's seasoned salt (recommended: Lawry's)
- ☐ 1 pound sausage smoked
- ☐ 8 cups water
- ☐ 3 cups rice raw white

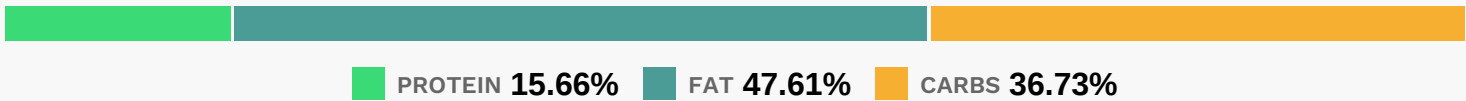
Equipment

- ☐ pot

Directions

- ☐ Slice the sausage into 1/2-inch pieces. In a stockpot, combine the chicken, sausage, onion, butter, seasonings and bay leaves.
- ☐ Add the water, bring to a boil, cover, and cook at a low boil for 40 minutes.
- ☐ Remove the chicken from the pot and let cool slightly. Pick the meat from the bones, discarding the bones and skin.
- ☐ Add the rice to the pot and bring to a boil, stirring well. Boil for 10 minutes, then reduce the heat, cover the pot, and simmer for 10 minutes, or until the rice is done.
- ☐ Remove the bay leaves, and return the chicken to the pot.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:39.86, Glycemic Load:46.67, Inflammation Score:-7, Nutrition Score:27.213478212771%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 1004.96kcal (50.25%), Fat: 52.92g (81.41%), Saturated Fat: 21.73g (135.82%), Carbohydrates: 91.87g (30.62%), Net Carbohydrates: 86.64g (31.51%), Sugar: 1.59g (1.77%), Cholesterol: 175.99mg (58.66%), Sodium: 20505.83mg (891.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.31%), Manganese: 2.55mg (127.35%), Selenium: 42.81µg (61.15%), Vitamin B3: 11.59mg (57.94%), Vitamin B6: 0.9mg (44.78%), Phosphorus: 417.51mg (41.75%), Zinc: 4.6mg (30.67%), Copper: 0.57mg (28.34%), Vitamin B1: 0.39mg (26.32%), Vitamin B5: 2.53mg (25.31%), Vitamin B12: 1.51µg (25.19%), Iron: 4.3mg (23.87%), Potassium: 762.56mg (21.79%), Magnesium: 86.26mg (21.56%), Fiber: 5.23g (20.9%), Vitamin B2: 0.35mg (20.8%), Vitamin K: 20.15µg (19.19%), Vitamin A: 823.21IU (16.46%), Calcium: 129.31mg (12.93%), Vitamin E: 1.14mg (7.63%), Folate: 29.4µg (7.35%), Vitamin D: 1.05µg (7%), Vitamin C: 4.11mg (4.98%)