



Chicken Jambalaya

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound andouille smoked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 3 cups tomatoes canned crushed
- ☐ 1.5 cups celery chopped
- ☐ 3 cups chicken broth ready-to-serve canned
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon garlic minced

- ☐ 0.3 cup green onions sliced
- ☐ 1.5 cups bell pepper green divided chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 2 cups converted rice uncooked
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned cut into 1/2-inch pieces
- ☐ 0.5 teaspoon thyme leaves dried whole

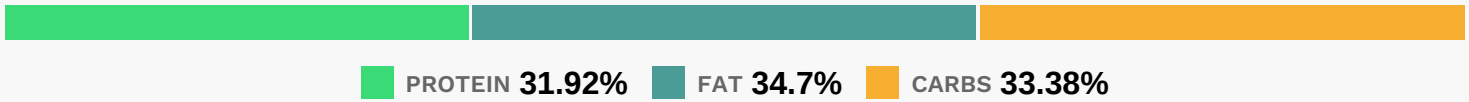
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook sausage in a large Dutch oven until browned; remove from pan with a slotted spoon, and set aside.
- ☐ Add onion, celery, 3/4 cup green pepper, garlic, and butter to pan; saute over medium-high heat until tender.
- ☐ Add salt and next 6 ingredients, stirring well; cook 2 minutes, stirring occasionally. Stir in tomato; cook over medium heat 10 minutes, stirring occasionally.
- ☐ Add broth; bring to a boil.
- ☐ Add remaining 3/4 cup green pepper, sausage, chicken, rice, and green onions; stir well. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:43.65, Glycemic Load:25, Inflammation Score:-8, Nutrition Score:27.616521876791%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 614.56kcal (30.73%), Fat: 23.36g (35.94%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 46.63g (16.96%), Sugar: 6.36g (7.07%), Cholesterol: 130.59mg (43.53%), Sodium: 1137.67mg (49.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.35g (96.7%), Selenium: 55.34µg (79.05%), Vitamin B3: 14.22mg (71.1%), Vitamin B6: 1.19mg (59.62%), Phosphorus: 448.31mg (44.83%), Vitamin C: 35.46mg (42.98%), Manganese: 0.84mg (41.86%), Potassium: 992.32mg (28.35%), Zinc: 4.22mg (28.15%), Vitamin B12: 1.59µg (26.45%), Vitamin K: 24.04µg (22.9%), Vitamin B5: 2.25mg (22.45%), Iron: 3.75mg (20.84%), Magnesium: 82.2mg (20.55%), Vitamin B1: 0.3mg (20.32%), Copper: 0.4mg (20.03%), Vitamin B2: 0.34mg (19.87%), Fiber: 3.91g (15.65%), Vitamin A: 697.4IU (13.95%), Vitamin E: 1.93mg (12.9%), Folate: 40.82µg (10.2%), Calcium: 89.3mg (8.93%), Vitamin D: 0.63µg (4.2%)