



Chicken Jambalaya I

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 tablespoons butter
- 14.5 ounce canned tomatoes diced canned
- 0.3 cup celery chopped
- 1.5 cups chicken broth
- 2 cups chicken meat cubed cooked
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon garlic salt

- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 0.3 cup onion chopped
- 0.5 teaspoon pepper sauce hot
- 0.7 cup rice white

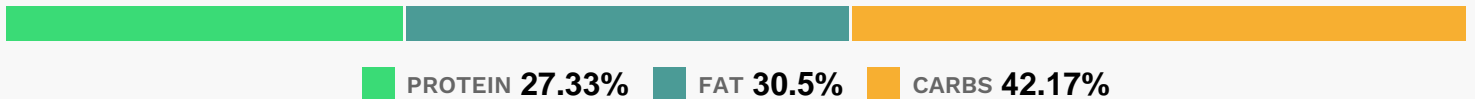
Equipment

- frying pan

Directions

- Melt butter or margarine in a large skillet over medium low heat.
- Add celery, onion and green bell pepper and saute until tender. Stir in tomatoes, broth, rice, thyme or basil, garlic salt, ground black pepper, hot pepper sauce and bay leaf.
- Bring all to a boil; reduce heat, cover skillet and simmer for about 20 minutes or until rice is tender. Stir in chicken or turkey and cook until heated through. Discard bay leaf and serve hot.

Nutrition Facts



Properties

Glycemic Index:62.55, Glycemic Load:17.23, Inflammation Score:-7, Nutrition Score:15.148260945859%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 325.98kcal (16.3%), Fat: 11.06g (17.02%), Saturated Fat: 5g (31.22%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 31.47g (11.44%), Sugar: 5.71g (6.35%), Cholesterol: 69.31mg (23.1%), Sodium: 873.13mg (37.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.61%), Vitamin B3: 7.56mg (37.8%), Selenium: 23.02µg (32.88%), Manganese: 0.65mg (32.38%), Vitamin B6: 0.53mg (26.7%), Vitamin C: 18.45mg (22.37%), Phosphorus: 215.51mg (21.55%), Potassium: 571.8mg (16.34%), Copper: 0.33mg (16.31%), Iron: 2.9mg (16.11%), Vitamin B2: 0.24mg

(13.98%), Vitamin B5: 1.34mg (13.39%), Vitamin K: 13.67µg (13.01%), Zinc: 1.8mg (12.03%), Magnesium: 47.67mg (11.92%), Fiber: 2.95g (11.79%), Vitamin B1: 0.17mg (11.61%), Vitamin E: 1.6mg (10.64%), Vitamin A: 511.33IU (10.23%), Calcium: 69.48mg (6.95%), Folate: 26.18µg (6.54%), Vitamin B12: 0.23µg (3.88%)