



HEALTH SCORE

99%

Chicken Jambalaya II



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**722 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 2 (14.5 ounce) cans whole peeled tomatoes whole peeled chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 6 servings chili powder to taste
- ☐ 6 servings garlic powder to taste
- ☐ 3 bell peppers diced green
- ☐ 2 cups rice instant uncooked
- ☐ 6 servings onion powder to taste
- ☐ 3 onions diced

- ☐ 4 chicken breast halves boneless skinless cubed
- ☐ 0.5 cup water divided

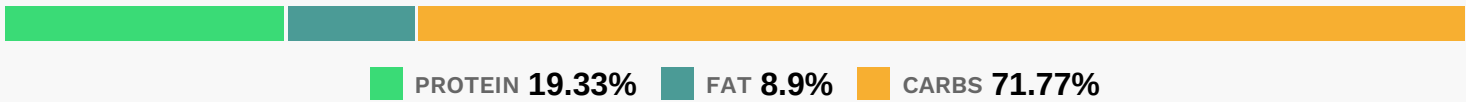
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Saute onions and peppers for 5 minutes.
- ☐ Pour in 1/4 cup of water and add chicken. Cook 15 minutes, or until chicken is cooked.
- ☐ To the chicken add the tomatoes, with juice, remaining water, garlic powder, onion powder and chili powder. Simmer 5 minutes.
- ☐ Stir in rice, cover and remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:31.08, Inflammation Score:-10, Nutrition Score:66.134347822355%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 22.41mg, Quercetin: 22.41mg, Quercetin: 22.41mg, Quercetin: 22.41mg

Nutrients (% of daily need)

Calories: 722.17kcal (36.11%), Fat: 7.75g (11.92%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 140.63g (46.88%), Net Carbohydrates: 116.9g (42.51%), Sugar: 51.4g (57.11%), Cholesterol: 48.21mg (16.07%), Sodium: 2971.47mg (129.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.87g (75.74%), Vitamin C: 237.84mg (288.29%), Vitamin B6: 3.17mg (158.42%), Potassium: 4353.34mg (124.38%), Manganese: 2.43mg (121.59%), Vitamin B3: 23.6mg (117.98%),

Iron: 20.91mg (116.19%), Vitamin E: 15.14mg (100.96%), Fiber: 23.73g (94.92%), Copper: 1.63mg (81.62%), Vitamin B2: 1.25mg (73.73%), Vitamin B1: 1.07mg (71.14%), Magnesium: 271.59mg (67.9%), Calcium: 668.85mg (66.88%), Phosphorus: 656.04mg (65.6%), Vitamin A: 3161.06IU (63.22%), Vitamin K: 66.27µg (63.12%), Selenium: 36.95µg (52.78%), Folate: 185.88µg (46.47%), Vitamin B5: 4.22mg (42.17%), Zinc: 4.28mg (28.53%), Vitamin B12: 0.15µg (2.51%)