



Chicken-Sausage Jambalaya

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pound baking hen
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onion chopped
- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons pepper
- ☐ 1.5 teaspoons bell pepper red
- ☐ 4 cups regular rice uncooked

- ☐ 1 tablespoon salt
- ☐ 2 pounds mild sausage links to package directions and coin smoked cut into 1-inch pieces
- ☐ 1 cup vegetable oil
- ☐ 3 quarts water

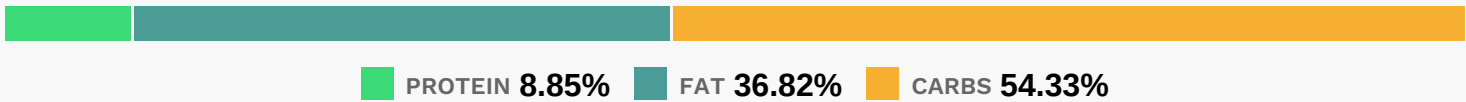
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine salt and pepper; sprinkle evenly over chicken pieces, coating well.
- ☐ Heat oil in a large Dutch oven.
- ☐ Add chicken pieces, a few at a time. Brown on all sides; drain on paper towels. Set aside. Reserve oil in Dutch oven.
- ☐ Add onion and garlic to Dutch oven; saut until onion is tender.
- ☐ Remove onion and garlic; drain well, and set aside.
- ☐ Add sausage to Dutch oven. Cook over medium heat until browned.
- ☐ Drain on paper towels. Discard pan drippings.
- ☐ Return chicken pieces, onion, garlic, sausage, and water to Dutch oven. Bring to a boil. Reduce heat; cover and simmer 2 1/2 hours or until chicken is tender.
- ☐ Add green onion, parsley, and rice; stir well. Cover and cook over low heat 45 minutes or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:30.08, Inflammation Score:-8, Nutrition Score:38.326521655788%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 1463.25kcal (73.16%), Fat: 59.08g (90.89%), Saturated Fat: 16.63g (103.93%), Carbohydrates: 196.17g (65.39%), Net Carbohydrates: 190.22g (69.17%), Sugar: 27.11g (30.13%), Cholesterol: 58.21mg (19.4%), Sodium: 4132.69mg (179.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.88%), Phosphorus: 1485.05mg (148.51%), Vitamin B1: 1.55mg (103.56%), Manganese: 1.54mg (76.86%), Folate: 296.52µg (74.13%), Vitamin B3: 13.78mg (68.88%), Vitamin B2: 1.16mg (68.08%), Selenium: 36.42µg (52.03%), Calcium: 443.78mg (44.38%), Iron: 7.68mg (42.64%), Vitamin K: 37.23µg (35.46%), Vitamin B12: 2.03µg (33.77%), Vitamin B5: 2.99mg (29.92%), Copper: 0.58mg (29.09%), Zinc: 3.7mg (24.69%), Fiber: 5.95g (23.78%), Magnesium: 86.26mg (21.56%), Vitamin B6: 0.43mg (21.54%), Potassium: 618.92mg (17.68%), Vitamin D: 0.83µg (5.54%), Vitamin C: 3.91mg (4.73%), Vitamin E: 0.69mg (4.61%), Vitamin A: 106.98IU (2.14%)