

food
network



HEALTH SCORE

70%

Chicken, Shrimp and Sausage Stew and Endive Salad with Toasted Almond Vinaigrette



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



1242 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pounds andouille sausage cut into 1/2-inch rounds
- ☐ 28 ounce canned tomatoes diced with their juice canned
- ☐ 2 cups chicken stock see
- ☐ 4 chicken thighs
- ☐ 6 cups bite-size pieces curly endive
- ☐ 1 cup cooking wine dry white
- ☐ 1 loaf bread french

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 large bell pepper diced green
- ☐ 0.5 cup olives green sliced
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion finely chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon paprika spanish
- ☐ 1 large bell pepper diced red
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon shallots minced
- ☐ 3 tablespoons sherry vinegar
- ☐ 8 large shrimp deveined peeled
- ☐ 0.3 cup almonds whole toasted finely chopped

Equipment

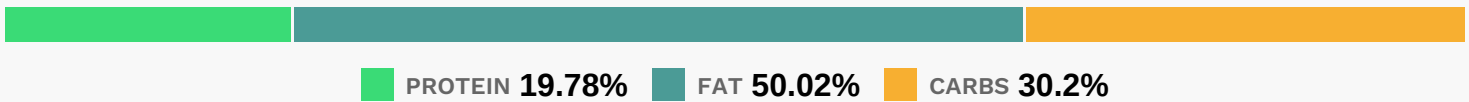
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Saute sausage in a large Dutch oven over medium heat until brown.
- ☐ Transfer to a large bowl. Season chicken with salt and pepper.
- ☐ Add to pot and cook until browned, about 3 to 4 minutes per side.
- ☐ Transfer chicken to bowl with sausage.
- ☐ Pour off all but 1 tablespoon pan drippings.

- ☐ Add onions and bell pepper to pot and saute until tender and light golden brown.
- ☐ Add garlic, oregano, thyme and paprika and saute 2 minutes. Return sausage, chicken and any accumulated juices to pot.
- ☐ Add tomatoes with their juices, chicken broth and wine. Bring to a boil. Reduce heat; cover and simmer until chicken is cooked through. Uncover pot, add olives and simmer until chicken is very tender and liquid is reduced to thin sauce, about 30 minutes.
- ☐ Add shrimp and cook for 4 to 5 minutes. Season with salt and pepper to taste.
- ☐ Serve with French bread.
- ☐ Whisk shallots and vinegar in a medium bowl and season with salt and pepper. Gradually whisk in olive oil.
- ☐ Whisk in almonds. Re-season with salt and pepper. Toss endive in a large bowl with enough dressing to coat.

Nutrition Facts



Properties

Glycemic Index:96.63, Glycemic Load:46.44, Inflammation Score:-10, Nutrition Score:65.063912391663%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 6.6mg, Luteolin: 6.6mg, Luteolin: 6.6mg, Luteolin: 6.6mg Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.5mg, Quercetin: 14.5mg, Quercetin: 14.5mg, Quercetin: 14.5mg

Nutrients (% of daily need)

Calories: 1242.41kcal (62.12%), Fat: 68.1g (104.77%), Saturated Fat: 16.37g (102.33%), Carbohydrates: 92.47g (30.82%), Net Carbohydrates: 77.94g (28.34%), Sugar: 23.41g (26.01%), Cholesterol: 219.68mg (73.23%), Sodium: 2340.71mg (101.77%), Alcohol: 6.18g (100%), Alcohol %: 0.79% (100%), Protein: 60.59g (121.19%), Vitamin K:

262.28µg (249.79%), Vitamin C: 164.68mg (199.61%), Vitamin A: 6673.41IU (133.47%), Vitamin B3: 21.38mg (106.88%), Selenium: 72.72µg (103.88%), Manganese: 1.88mg (93.88%), Vitamin B1: 1.37mg (91.34%), Vitamin B6: 1.58mg (78.88%), Vitamin E: 11.6mg (77.33%), Folate: 286.54µg (71.63%), Vitamin B2: 1.21mg (70.99%), Phosphorus: 688.07mg (68.81%), Iron: 11.41mg (63.36%), Potassium: 2172.31mg (62.07%), Copper: 1.22mg (60.98%), Fiber: 14.53g (58.12%), Magnesium: 198.28mg (49.57%), Zinc: 6.57mg (43.83%), Vitamin B5: 3.9mg (39.01%), Calcium: 320.42mg (32.04%), Vitamin B12: 1.56µg (25.94%), Vitamin D: 1.3µg (8.69%)