

Creamy Chicken Bog With A Kick



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken thighs bone-in with skin
- ☐ 2 cubes chicken bouillon
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1 large onion chopped
- ☐ 0.5 cup orange bell pepper chopped
- ☐ 0.5 cup bell pepper red chopped

- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 16 ounce turkey kielbasa cubed
- ☐ 6 cups water
- ☐ 2 cups rice white uncooked

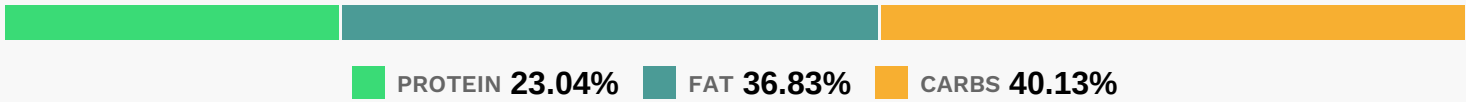
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place the chicken thighs, water, and 1 bouillon cube into a large saucepan, and bring to a boil over medium heat. Reduce heat to a simmer, and cook the chicken thighs until very tender, about 1 hour.
- ☐ Remove the chicken thighs from the pan, and skim fat from the stock; there should be about 4 1/2 cups of liquid. Separate the chicken meat from bones and skin, and chop the meat. Discard the bones and skin.
- ☐ Return the chicken meat to the stock.
- ☐ Mix in onion, red and orange bell pepper, turkey kielbasa, rice, Italian seasoning, red pepper flakes, garlic salt, and 2 more chicken bouillon cubes. Bring the mixture to a simmer, cover the pot, and simmer on low heat until the rice is cooked through and tender, about 20 minutes. Stir after 10 minutes and again after 15 minutes.
- ☐ Remove from heat, and mix in the cream of mushroom soup until thoroughly combined.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:30.51, Inflammation Score:-8, Nutrition Score:24.596087035925%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 604.33kcal (30.22%), Fat: 24.4g (37.53%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 57.1g (20.76%), Sugar: 4.63g (5.14%), Cholesterol: 137.01mg (45.67%), Sodium: 1459.11mg (63.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.67%), Vitamin C: 56.62mg (68.64%), Selenium: 44.34µg (63.34%), Iron: 9.03mg (50.17%), Manganese: 0.91mg (45.65%), Vitamin B3: 9.01mg (45.07%), Vitamin B6: 0.85mg (42.54%), Phosphorus: 392.67mg (39.27%), Zinc: 4.19mg (27.95%), Copper: 0.43mg (21.33%), Vitamin A: 1063.7IU (21.27%), Vitamin B2: 0.35mg (20.62%), Vitamin B5: 1.81mg (18.15%), Vitamin B12: 1.02µg (17.05%), Potassium: 578.87mg (16.54%), Magnesium: 64.98mg (16.24%), Vitamin B1: 0.2mg (13.62%), Fiber: 2.72g (10.87%), Folate: 34.09µg (8.52%), Calcium: 61.31mg (6.13%), Vitamin E: 0.89mg (5.95%), Vitamin K: 5.39µg (5.14%), Vitamin D: 0.25µg (1.65%)