

Creole Chicken I

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



335 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce canned tomatoes diced canned
- 8 chicken thighs
- 0.3 pound ham cooked cut into one inch cubes
- 1 bell pepper green chopped
- 6 green onions chopped
- 2 dashes pepper sauce hot
- 0.5 pound polish sausage sliced
- 1 teaspoon salt

- 6 ounce tomato paste canned
- 2 cups water
- 1 cup rice long grain white uncooked

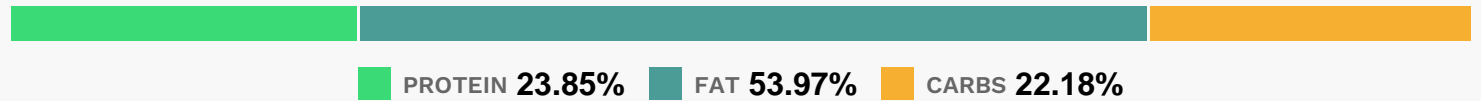
Equipment

- sauce pan
- slow cooker

Directions

- In a slow cooker, place the chicken, ham, tomatoes, bell pepper, green onions, tomato paste, salt, and hot pepper sauce. Cover, and cook on Low for 4 to 5 hours.
- Combine water and rice in a medium saucepan. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
- Mix the cooked rice and sausage into the slow cooker. Cover, and cook on High for 15 to 20 minutes, or until the sausage is heated through.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:13.03, Inflammation Score:-5, Nutrition Score:18.796956456226%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 476.22kcal (23.81%), Fat: 28.4g (43.7%), Saturated Fat: 8.31g (51.96%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24g (8.73%), Sugar: 4.03g (4.47%), Cholesterol: 140.93mg (46.98%), Sodium: 899.32mg (39.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Selenium: 32.97µg (47.1%), Vitamin B3: 8.17mg (40.84%), Vitamin B6: 0.67mg (33.57%), Phosphorus: 316.33mg (31.63%), Vitamin C: 24.43mg (29.61%), Vitamin B1: 0.39mg (25.94%), Vitamin K: 26.26µg (25.01%), Manganese: 0.47mg (23.31%), Vitamin B12: 1.2µg (20.01%), Vitamin B5: 1.87mg (18.72%), Zinc: 2.8mg (18.66%), Potassium: 644.66mg (18.42%), Vitamin B2: 0.29mg

(16.95%), Copper: 0.32mg (15.99%), Iron: 2.67mg (14.84%), Magnesium: 53.68mg (13.42%), Fiber: 2.27g (9.08%),
Vitamin E: 1.34mg (8.95%), Vitamin A: 400.56IU (8.01%), Folate: 23.62µg (5.9%), Calcium: 56.2mg (5.62%)