



WHATSheATE



Easy Cajun Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup celery diced
- ☐ 4 cups chicken stock see
- ☐ 2 tablespoons garlic chopped
- ☐ 1 bell pepper diced green
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 8 ounces kielbasa diced

- ☐ 2 teaspoons olive oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 2 cups rice white uncooked
- ☐ 2 teaspoons worcestershire sauce

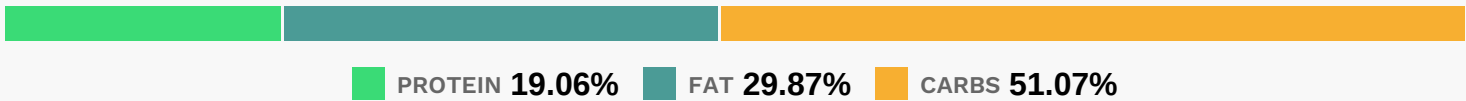
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium high heat.
- ☐ Saute chicken and kielbasa until lightly browned, about 5 minutes. Stir in onion, bell pepper, celery and garlic. Season with cayenne, onion powder, salt and pepper. Cook 5 minutes, or until onion is tender and translucent.
- ☐ Add rice, then stir in chicken stock and bay leaves. Bring to a boil, then reduce heat, cover, and simmer 20 minutes, or until rice is tender. Stir in the Worcestershire sauce and hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:42.03, Glycemic Load:30.59, Inflammation Score:-4, Nutrition Score:16.200869684634%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 479.94kcal (24%), Fat: 15.6g (24%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 60.01g (20%), Net Carbohydrates: 58.28g (21.19%), Sugar: 4.22g (4.69%), Cholesterol: 55.37mg (18.46%), Sodium: 659.04mg (28.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Selenium: 32.13µg (45.9%), Vitamin B3: 8.93mg (44.66%), Manganese: 0.82mg (40.86%), Vitamin B6: 0.66mg (33.19%), Phosphorus: 262.28mg (26.23%), Vitamin C: 20.43mg (24.76%), Vitamin B1: 0.34mg (22.84%), Potassium: 583.81mg (16.68%), Vitamin B2: 0.28mg (16.62%), Copper: 0.3mg (15.22%), Vitamin B5: 1.41mg (14.14%), Zinc: 1.96mg (13.06%), Magnesium: 43.15mg (10.79%), Iron: 1.84mg (10.23%), Vitamin B12: 0.45µg (7.43%), Fiber: 1.73g (6.92%), Folate: 24.27µg (6.07%), Vitamin K: 5.59µg (5.32%), Calcium: 46.71mg (4.67%), Vitamin E: 0.51mg (3.4%), Vitamin A: 168.86IU (3.38%)