



## Easy Microwave Jammin' Jambalaya

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

READY IN



**20 min.**

SERVINGS



**3**

CALORIES



**352 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bell pepper frozen (from 16-oz bag)
- 0.5 cup salsa thick
- 14.5 oz canned tomatoes mexican-style undrained canned
- 0.8 cup rice white instant uncooked
- 0.3 lb kielbasa cooked cut into 1/2-inch-thick slices
- 1 cup roasted chicken cooked chopped

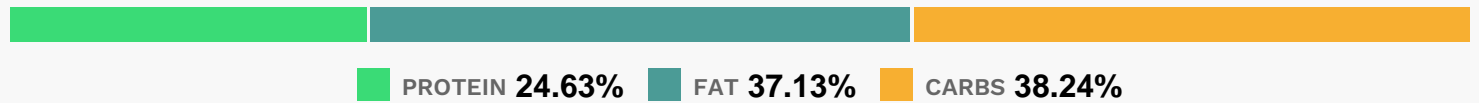
### Equipment

- microwave

## Directions

- In 1-quart microwavable casserole, mix bell pepper and onion stir-fry, salsa and tomatoes. Cover; microwave on High 3 to 5 minutes, stirring once or twice, until mixture boils, and bell pepper and onion are crisp-tender.
- Stir in rice. Cover; microwave on High 2 minutes, stirring once halfway through cooking.
- Gently stir in kielbasa and chicken. Cover; microwave on High 2 to 3 minutes, stirring once or twice, until kielbasa and chicken are thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:24.643913144651%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 352.19kcal (17.61%), Fat: 14.77g (22.72%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 29.38g (10.69%), Sugar: 9.78g (10.86%), Cholesterol: 61.46mg (20.49%), Sodium: 835.4mg (36.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.09%), Vitamin C: 77.38mg (93.79%), Vitamin B3: 9.13mg (45.66%), Vitamin A: 2076.8IU (41.54%), Selenium: 27.43µg (39.19%), Vitamin B1: 0.56mg (37.5%), Vitamin B6: 0.72mg (35.79%), Manganese: 0.59mg (29.68%), Folate: 104.61µg (26.15%), Iron: 4.64mg (25.78%), Phosphorus: 237mg (23.7%), Potassium: 820.33mg (23.44%), Vitamin E: 3.03mg (20.23%), Fiber: 4.83g (19.34%), Copper: 0.39mg (19.3%), Zinc: 2.33mg (15.51%), Vitamin B2: 0.26mg (15.17%), Magnesium: 57.97mg (14.49%), Vitamin B5: 1.34mg (13.42%), Vitamin K: 11.54µg (10.99%), Vitamin B12: 0.51µg (8.43%), Calcium: 77.06mg (7.71%)