



Eula Mae's Chicken and Ham Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 16 ounce canned tomatoes whole chopped canned
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 cup celery chopped
- ☐ 3 pounds chicken boneless skinless cut into 1-inch cubes, or 1 1/2 pounds, breasts and thighs, cut into 1-inch cubes
- ☐ 3 cups chicken broth
- ☐ 0.5 pound finely-chopped ham cooked cut into 1/2-inch cubes
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 4 garlic clove peeled
- ☐ 1 cup bell pepper green seeded chopped
- ☐ 0.5 cup spring onion chopped (green part only)
- ☐ 1 teaspoon hot sauce
- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups rice long-grain white rinsed drained
- ☐ 2 cups onion yellow chopped

Equipment

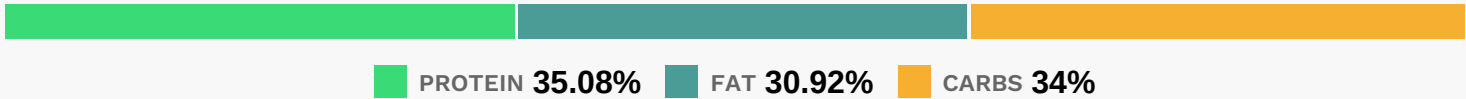
- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Sprinkle the chicken with the salt, black pepper, and cayenne.
- ☐ Heat the oil in a large, heavy pot or Dutch oven over medium heat.
- ☐ Add the chicken and cook, stirring, until browned on all sides, 8 to 10 minutes.
- ☐ Transfer the chicken to a large mixing bowl.
- ☐ Add the ham to the pot and cook, stirring, until lightly browned, about 5 minutes.
- ☐ Add the ham to the chicken in the bowl.
- ☐ Add the onions, bell peppers, celery, and garlic to the pot and cook, scraping the bottom of the pot to loosen any browned bits. Return the chicken and ham to the pot, reduce the heat to low, cover, and cook for 25 minutes, stirring occasionally.
- ☐ Add the chicken broth and reserved tomato juice, cover, and simmer for 45 minutes.
- ☐ Mash the cooked garlic against the side of the pot and blend into the mixture.

- ☐ Add the tomatoes, green onions, parsley, shrimp, and Tabasco and adjust the seasonings to taste.
- ☐ Add the rice, cover the pot, and bring to a boil. Reduce the heat to medium-low and simmer, covered, stirring occasionally, until the rice is tender and fluffy and the liquid is absorbed, about 25 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:24.6, Inflammation Score:-7, Nutrition Score:24.009565099426%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 562.79kcal (28.14%), Fat: 19.21g (29.56%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 44.42g (16.15%), Sugar: 5.42g (6.02%), Cholesterol: 266.26mg (88.75%), Sodium: 1241.62mg (53.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.05g (98.1%), Phosphorus: 544.07mg (54.41%), Vitamin K: 45.22µg (43.06%), Vitamin C: 34.82mg (42.21%), Manganese: 0.84mg (42.17%), Vitamin B3: 8.42mg (42.11%), Copper: 0.78mg (38.9%), Selenium: 25.55µg (36.51%), Vitamin B6: 0.64mg (32.16%), Zinc: 4.1mg (27.36%), Potassium: 922.97mg (26.37%), Magnesium: 95.27mg (23.82%), Vitamin B1: 0.33mg (22.13%), Vitamin B2: 0.3mg (17.72%), Vitamin B5: 1.74mg (17.42%), Iron: 3.1mg (17.21%), Calcium: 144.12mg (14.41%), Fiber: 3.12g (12.49%), Vitamin B12: 0.67µg (11.17%), Vitamin A: 525.04IU (10.5%), Vitamin E: 1.48mg (9.88%), Folate: 36.46µg (9.12%), Vitamin D: 0.16µg (1.09%)