



## Express Jambalaya

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



3117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounces pepper with crushed red pepper, undrained canned
- 0.5 pound kielbasa fully cooked cut into 1/2-inch slices
- 6.8 ounces vermicelli spanish with seasonings
- 1 pound chicken breast halves boneless skinless cut into 3/4- to 1-inch pieces
- 2 cups water

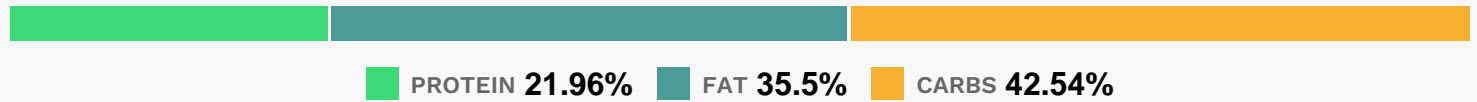
## Equipment

- frying pan

## Directions

- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 5 minutes, stirring frequently, until light brown.
- Remove chicken from skillet.
- Cook rice and vermicelli mix (without seasonings) in skillet over medium heat, stirring frequently, until golden brown. Gradually stir in water, tomatoes and seasonings from rice and vermicelli mix.
- Heat to boiling. Stir in sausage and chicken; reduce heat.
- Cover and simmer 15 to 20 minutes, stirring occasionally, until liquid is absorbed and chicken is no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index:86, Glycemic Load:92.32, Inflammation Score:-10, Nutrition Score:82.778260832248%

## Nutrients (% of daily need)

Calories: 3117.37kcal (155.87%), Fat: 136.66g (210.25%), Saturated Fat: 36.42g (227.6%), Carbohydrates: 368.46g (122.82%), Net Carbohydrates: 222.33g (80.85%), Sugar: 29.56g (32.84%), Cholesterol: 449.06mg (149.69%), Sodium: 9628.93mg (418.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 190.24g (380.47%), Vitamin A: 122017.77IU (2440.36%), Vitamin E: 157.64mg (1050.95%), Vitamin B6: 12.47mg (623.25%), Fiber: 146.14g (584.54%), Vitamin B3: 103.23mg (516.14%), Iron: 77.41mg (430.05%), Selenium: 298.26µg (426.09%), Vitamin K: 435.41µg (414.67%), Manganese: 8.13mg (406.37%), Potassium: 10289.46mg (293.98%), Phosphorus: 2789.14mg (278.91%), Vitamin B2: 4.69mg (275.65%), Copper: 4.66mg (233.17%), Magnesium: 790.04mg (197.51%), Zinc: 26.16mg (174.39%), Vitamin B1: 2.52mg (167.75%), Calcium: 1455.31mg (145.53%), Vitamin B5: 11.23mg (112.33%), Vitamin B12: 3.13µg (52.16%), Folate: 143.56µg (35.89%), Vitamin C: 10.59mg (12.83%), Vitamin D: 0.45µg (3.02%)