



HEALTH SCORE

96%

Express Jambalaya

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



5

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

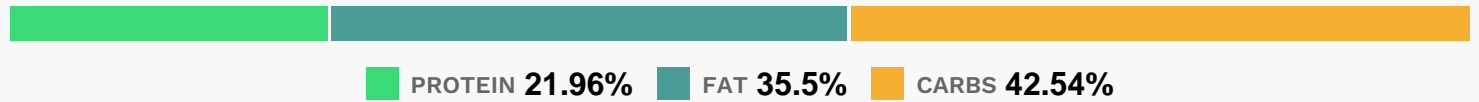
Equipment

- 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:17.2, Glycemic Load:18.46, Inflammation Score:-10, Nutrition Score:53.56782612075%

Nutrients (% of daily need)

Calories: 623.47kcal (31.17%), Fat: 27.33g (42.05%), Saturated Fat: 7.28g (45.52%), Carbohydrates: 73.69g (24.56%), Net Carbohydrates: 44.47g (16.17%), Sugar: 5.91g (6.57%), Cholesterol: 89.81mg (29.94%), Sodium: 1925.79mg (83.73%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 38.05g (76.09%), Vitamin A: 24403.55IU (488.07%), Vitamin E: 31.53mg (210.19%), Vitamin B6: 2.49mg (124.65%), Fiber: 29.23g (116.91%), Vitamin B3: 20.65mg (103.23%), Iron: 15.48mg (86.01%), Selenium: 59.65µg (85.22%), Vitamin K: 87.08µg (82.93%), Manganese: 1.63mg (81.27%), Potassium: 2057.89mg (58.8%), Phosphorus: 557.83mg (55.78%), Vitamin B2: 0.94mg (55.13%), Copper: 0.93mg (46.63%), Magnesium: 158.01mg (39.5%), Zinc: 5.23mg (34.88%), Vitamin B1: 0.5mg (33.55%), Calcium: 291.06mg (29.11%), Vitamin B5: 2.25mg (22.47%), Vitamin B12: 0.63µg (10.43%), Folate: 28.71µg (7.18%), Vitamin C: 2.12mg (2.57%)