



## Fast and Easy Jambalaya

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

READY IN



40 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 oz canned tomatoes undrained canned
- 0.5 teaspoon garlic powder
- 2.7 cups rice hot instant cooked
- 0.5 teaspoon lemon pepper
- 1 cup onion chopped
- 1.3 cups peas sweet frozen
- 16 oz picante sauce thick (any variety)
- 12 oz sausage smoked cut into 1/2-inch slices

- 1.3 lb chicken breast boneless skinless cut into 1/2-inch cubes
- 3 tablespoons vegetable oil

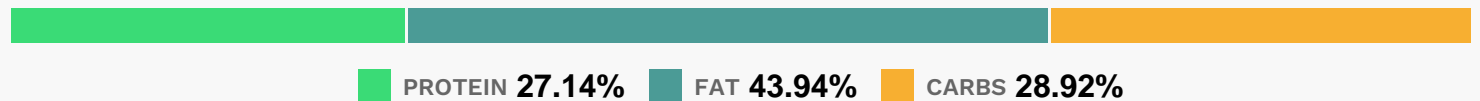
## Equipment

- frying pan
- sauce pan

## Directions

- Sprinkle lemon-pepper seasoning and garlic powder over chicken cubes. In 12-inch skillet or 3-quart saucepan, heat oil over medium-high heat.
- Add chicken; cook 5 minutes, stirring frequently, until no longer pink in center.
- Stir in onions and sausage; cook 5 minutes, stirring occasionally. Stir in picante sauce and tomatoes. Reduce heat to medium; cook 12 minutes, stirring occasionally.
- Stir in peas; cook 5 to 7 minutes, stirring occasionally, until peas are tender.
- Serve over hot cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:70.83, Glycemic Load:36.6, Inflammation Score:-9, Nutrition Score:37.431304143823%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 767.58kcal (38.38%), Fat: 37.46g (57.64%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 55.5g (18.5%), Net Carbohydrates: 47.73g (17.35%), Sugar: 13.17g (14.63%), Cholesterol: 151.95mg (50.65%), Sodium: 1590.07mg (69.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.06g (104.13%), Vitamin B3: 22.73mg (113.65%), Vitamin B6: 1.91mg (95.26%), Selenium: 56.01µg (80.02%), Phosphorus: 589.44mg (58.94%), Manganese: 1.11mg (55.59%), Potassium: 1542.69mg (44.08%), Vitamin C: 34.99mg (42.42%), Vitamin B1: 0.6mg (40.22%), Vitamin K:

41.4µg (39.43%), Vitamin B5: 3.62mg (36.19%), Fiber: 7.77g (31.1%), Magnesium: 118.63mg (29.66%), Zinc: 4.33mg (28.88%), Vitamin E: 4.05mg (26.98%), Copper: 0.53mg (26.48%), Vitamin B2: 0.42mg (24.74%), Vitamin A: 1220.38IU (24.41%), Iron: 4.29mg (23.83%), Vitamin B12: 1.01µg (16.77%), Folate: 64.85µg (16.21%), Calcium: 113.9mg (11.39%), Vitamin D: 1.25µg (8.32%)