



Fast and Easy Jambalaya

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon lemon pepper
- 0.5 teaspoon garlic powder
- 1.3 lb chicken breast boneless skinless cut into 1/2-inch cubes
- 3 tablespoons vegetable oil
- 1 cup onion chopped
- 12 oz kielbasa smoked cut into 1/2-inch slices
- 16 oz picante sauce
- 14.5 oz canned tomatoes undrained canned

- 1.3 cups peas sweet frozen
- 2.7 cups rice hot instant cooked

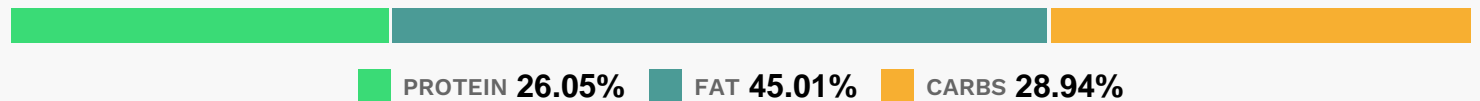
Equipment

- 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:36.99, Inflammation Score:-8, Nutrition Score:38.423043435035%

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: 786.29kcal (39.31%), Fat: 39.33g (60.5%), Saturated Fat: 11.34g (70.9%), Carbohydrates: 56.89g (18.96%), Net Carbohydrates: 49.11g (17.86%), Sugar: 13.17g (14.63%), Cholesterol: 150.25mg (50.08%), Sodium: 1794.19mg (78.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.22g (102.44%), Vitamin B3: 21.66mg (108.29%), Selenium: 71.07µg (101.53%), Vitamin B6: 1.81mg (90.32%), Phosphorus: 590.29mg (59.03%), Manganese: 1.15mg (57.46%), Vitamin B1: 0.8mg (53.09%), Potassium: 1533.33mg (43.81%), Vitamin C: 35.25mg (42.73%), Vitamin K:

41.06µg (39.1%), Vitamin B5: 3.43mg (34.31%), Fiber: 7.77g (31.1%), Magnesium: 118.63mg (29.66%), Zinc: 4.13mg (27.52%), Copper: 0.55mg (27.5%), Vitamin B2: 0.44mg (26.04%), Vitamin E: 3.89mg (25.91%), Iron: 4.57mg (25.39%), Vitamin A: 1156.59IU (23.13%), Vitamin B12: 1.12µg (18.62%), Folate: 65.7µg (16.42%), Calcium: 116.45mg (11.65%)