



WHATSheATE



Feed Your Krewe Jambalaya



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound chicken breast halves boneless skinless cubed



1 pound sausage smoked sliced



5 cups water



16 ounce zatarain's® jambalaya mix



16 ounce zatarain's® jambalaya mix

Equipment

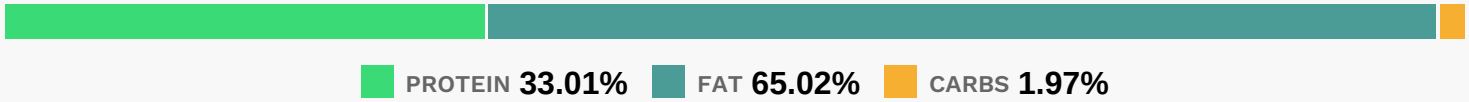


sauce pan

Directions

- ☐ Bring water and oil to boil in large saucepan. Stir in Rice
- ☐ Mixes, chicken and sausage; return to boil. Reduce heat to low; cover and simmer 25 minutes or until rice is tender.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Sprinkle with green onions before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.1026087361185%

Nutrients (% of daily need)

Calories: 156.87kcal (7.84%), Fat: 11.02g (16.95%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0g (0%), Cholesterol: 51.03mg (17.01%), Sodium: 369.31mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Vitamin B3: 5.16mg (25.81%), Selenium: 17.05µg (24.35%), Vitamin B6: 0.35mg (17.37%), Phosphorus: 119.82mg (11.98%), Vitamin B12: 0.65µg (10.77%), Vitamin B1: 0.12mg (8.16%), Vitamin B5: 0.7mg (7.05%), Zinc: 1.03mg (6.84%), Potassium: 211.3mg (6.04%), Vitamin B2: 0.1mg (6%), Magnesium: 15.35mg (3.84%), Vitamin D: 0.45µg (3.02%), Iron: 0.52mg (2.88%), Copper: 0.05mg (2.43%)