



Gulf Coast Chicken-and-Fish Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices bacon



2 bay leaves



14.5 ounce canned tomatoes diced canned



1 cup celery chopped



1 teaspoon basil dried



1.5 teaspoons thyme leaves dried



3 garlic cloves minced



1 cup bell pepper green chopped

- ☐ 1 cup green onion tops divided thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound grouper fillets white firm cut into 1-inch pieces
- ☐ 21 ounce low-salt chicken broth canned
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.8 teaspoon salt
- ☐ 1 pound skinned cut into bite-size pieces

Equipment

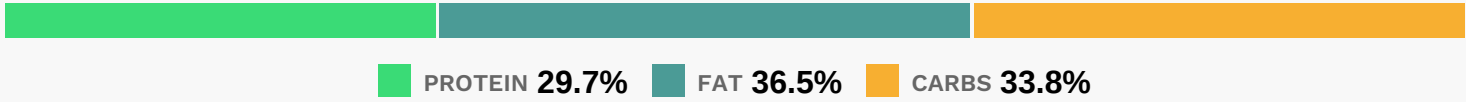
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 7 ingredients in a bowl.
- ☐ Cook bacon in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan; crumble and set aside. Reserve 1 tablespoon bacon drippings in pan.
- ☐ Add onion, celery, bell pepper, and garlic to bacon drippings in pan.
- ☐ Sprinkle with half of oregano mixture; saut 10 minutes or until vegetables begin to brown, stirring frequently.
- ☐ Remove vegetables from pan.
- ☐ Place remaining oregano mixture, chicken, and fish in a large zip-top plastic bag; seal and shake well.
- ☐ Add chicken mixture to pan; saut 5 minutes.

- ☐ Add vegetable mixture, rice, 1/2 cup green onions, broth, tomatoes, and bay leaves to pan; bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Remove from heat. Discard bay leaves.
- ☐ Garnish with crumbled bacon and 1/2 cup green onions.

Nutrition Facts



Properties

Glycemic Index:52.36, Glycemic Load:17.93, Inflammation Score:-9, Nutrition Score:26.778260935908%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg

Nutrients (% of daily need)

Calories: 475.14kcal (23.76%), Fat: 19.48g (29.97%), Saturated Fat: 5.63g (35.22%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 36.18g (13.16%), Sugar: 6.75g (7.49%), Cholesterol: 119.15mg (39.72%), Sodium: 602.76mg (26.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.67g (71.33%), Selenium: 53.75µg (76.78%), Vitamin K: 59.71µg (56.87%), Vitamin B3: 10.02mg (50.11%), Vitamin C: 34.56mg (41.89%), Phosphorus: 387.43mg (38.74%), Manganese: 0.77mg (38.56%), Vitamin B6: 0.76mg (37.8%), Vitamin B12: 1.83µg (30.54%), Potassium: 970.25mg (27.72%), Copper: 0.42mg (21.01%), Iron: 3.64mg (20.2%), Magnesium: 76.46mg (19.12%), Vitamin B5: 1.87mg (18.72%), Fiber: 4.39g (17.58%), Vitamin B2: 0.29mg (17.33%), Vitamin B1: 0.25mg (16.59%), Vitamin D: 2.46µg (16.42%), Folate: 64.29µg (16.07%), Vitamin A: 769.08IU (15.38%), Zinc: 2.24mg (14.92%), Vitamin E: 1.92mg (12.81%), Calcium: 107.44mg (10.74%)