






 **13%**
HEALTH SCORE

How to Make the Best Chicken Jambalaya

 **Gluten Free**  **Popular**

READY IN

55 min.

SERVINGS

8

CALORIES

452 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 tbsp butter unsalted
- 1 lb sausage sliced
- 1 lb chicken breast boneless skinless cut into bite sized pieces
- 1 cup onion yellow chopped
- 1 cup celery chopped
- 0.5 cup bell pepper chopped
- 0.5 cup bell pepper chopped
- 1 tbsp garlic minced

- 1 cup tomato sauce
- 14.5 oz tomatoes diced
- 2.5 cups chicken stock see
- 1.5 cups rice rinsed uncooked
- 1 leaves bay leaves whole
- 2 tsp pepper black
- 1 tsp salt
- 1 tsp pepper white
- 1 tsp thyme leaves dried
- 1 tsp pepper red
- 0.5 tsp sage

Equipment

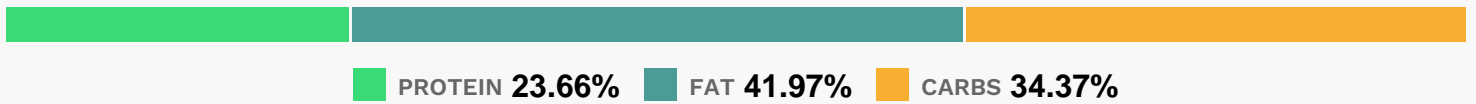
- bowl
- oven
- pot
- stove
- dutch oven

Directions

- Combine the creole seasoning ingredients in a small bowl and set aside.
- Melt butter in a large dutch oven over medium-high heat.
- Add the sausage until it starts to brown, about 3 minutes.
- Add the chicken and continue to cook until brown, about 3-5 minutes. Stir frequently.
- Turn the stove top down to medium heat.
- Preheat your oven to 350 degrees.
- Stir in the seasoning mix of cajun spices and 1/2 of the chopped onion, celery, green bell pepper, and garlic. Cook until vegetables get tender, about 3-5 minutes. Stir frequently and scrape the bottom of the pot frequently.

- Stir in the tomato sauce and cook for about one minute.
- Stir in the remaining onion, celery, bell pepper, garlic, and the diced tomatoes then remove from heat.
- Stir in the rice and chicken stock, mix the ingredients well.
- Bake uncovered in the oven at 350 degrees for one hour or until the rice is tender but still has a little crunch.
- Remove from the oven, add the bay leaves and stir well.
- Allow the dish to cool for five minutes before serving. OPTIONAL: Top with green onions before serving.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:18.6, Inflammation Score:-8, Nutrition Score:21.060434782609%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Taste

Sweetness: 29.92%, Saltiness: 100%, Sourness: 25.76%, Bitterness: 16.76%, Savoriness: 59.16%, Fattiness: 66.05%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 452.29kcal (22.61%), Fat: 20.89g (32.14%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.66g (12.97%), Sugar: 5.5g (6.11%), Cholesterol: 86.99mg (29%), Sodium: 990.24mg (43.05%), Protein: 26.5g (53%), Vitamin B3: 11.22mg (56.12%), Vitamin C: 36.72mg (44.51%), Vitamin B6: 0.88mg (44.07%), Selenium: 25.65µg (36.64%), Manganese: 0.66mg (33.13%), Copper: 0.65mg (32.31%), Phosphorus: 294.77mg (29.48%), Vitamin A: 1440.8IU (28.82%), Potassium: 801.56mg (22.9%), Vitamin B1: 0.29mg (19.66%), Vitamin B5: 1.81mg (18.15%), Vitamin B2: 0.27mg (15.99%), Zinc: 2.34mg (15.59%), Magnesium: 52.57mg (13.14%), Iron: 2.09mg (11.64%), Fiber: 2.83g (11.32%), Vitamin K: 11.48µg (10.93%), Vitamin E: 1.51mg (10.07%), Vitamin B12: 0.6µg (10.02%), Folate: 37.33µg (9.33%), Vitamin D: 0.85µg (5.65%), Calcium: 49.22mg (4.92%)