



Italian Jambalaya

READY IN



55 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb skinned and boned chicken breasts coarsely chopped
- ☐ 8 oz orzo pasta hot cooked uncooked
- ☐ 20 oz tomatoes and chiles diced green canned
- ☐ 3 garlic cloves minced
- ☐ 8 servings garnishes: green onions shredded thinly sliced
- ☐ 1 pound sausage italian
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 10 oz onion diced green red frozen
- ☐ 0.5 teaspoon pepper

- ☐ 1 lb center-cut pork chops boneless chopped
- ☐ 1 teaspoon salt
- ☐ 6 oz tomato paste canned

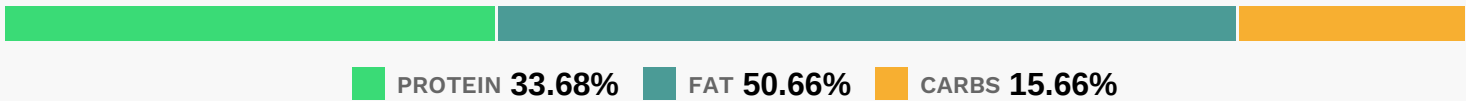
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Brown Italian sausage in a Dutch oven over medium-high heat, stirring often, 5 minutes or until sausage crumbles and is no longer pink.
- ☐ Remove sausage from Dutch oven using a slotted spoon, reserving drippings in Dutch oven.
- ☐ Cook chicken and pork in hot drippings in Dutch oven over medium-high heat, stirring often, 4 to 5 minutes or until browned on all sides.
- ☐ Add frozen onion mixture and next 4 ingredients, and saut 5 minutes. Stir in diced tomatoes and green chiles, tomato paste, 1/4 cup water, and Italian sausage; cover, reduce heat to low, and cook, stirring often, 20 minutes.
- ☐ Stir hot cooked orzo into jambalaya just before serving, or serve over hot cooked pasta.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:24.907391408215%

Flavonoids

Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 425kcal (21.25%), Fat: 23.69g (36.45%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 13.77g (5.01%), Sugar: 3.81g (4.23%), Cholesterol: 117.37mg (39.12%), Sodium: 835.97mg (36.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.87%), Selenium: 58.89µg (84.12%), Vitamin B3: 13.4mg (67.02%), Vitamin B6: 1.23mg (61.74%), Vitamin B1: 0.82mg (54.47%), Vitamin C: 40.35mg (48.9%), Phosphorus: 376.58mg (37.66%), Potassium: 865.42mg (24.73%), Vitamin K: 22.45µg (21.38%), Vitamin B2: 0.33mg (19.53%), Zinc: 2.63mg (17.5%), Manganese: 0.35mg (17.48%), Vitamin B5: 1.74mg (17.38%), Iron: 2.96mg (16.46%), Vitamin B12: 0.93µg (15.5%), Magnesium: 61.51mg (15.38%), Copper: 0.25mg (12.31%), Fiber: 2.7g (10.81%), Vitamin E: 1.23mg (8.18%), Vitamin A: 350.27IU (7.01%), Calcium: 68.81mg (6.88%), Folate: 26.14µg (6.54%), Vitamin D: 0.28µg (1.89%)