



Jambalaya

 Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups andouille sausage diced
- 0.3 cup bell pepper diced
- 0.3 cup celery diced
- 1.5 cups meat from a rotisserie chicken diced
- 2 cups chicken stock see
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 clove garlic chopped

- 1 tablespoon hot sauce
- 0.3 cup onion diced
- 2 cups parboiled rice long grain white
- 4 servings salt and pepper black freshly ground
- 2 cups tomato sauce
- 1 tablespoon butter unsalted

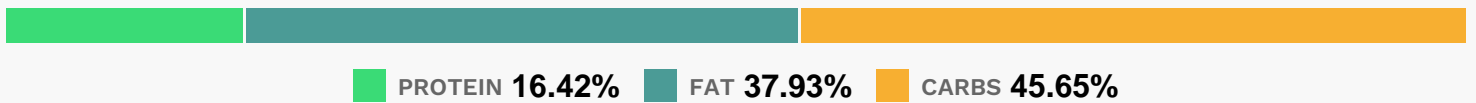
Equipment

- pot

Directions

- Watch how to make this recipe.
- Melt the butter in a medium pot over medium heat.
- Add the sausage, onions, bell peppers, celery, and garlic, and saute until the sausage begins to brown, 5 to 8 minutes.
- Add the chicken and allow to brown on all sides.
- Add the herbs and rice, followed by the tomato sauce, stock, hot sauce, and salt and pepper, to taste. Bring to a boil, then reduce to a simmer and cook uncovered until the rice is tender, 20 to 25 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:90.3, Glycemic Load:47.06, Inflammation Score:-8, Nutrition Score:25.426521840303%

Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 776.9kcal (38.84%), Fat: 32.53g (50.05%), Saturated Fat: 11.13g (69.55%), Carbohydrates: 88.09g (29.36%), Net Carbohydrates: 84.49g (30.72%), Sugar: 8.3g (9.22%), Cholesterol: 102.68mg (34.23%), Sodium: 1586.13mg (68.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.36%), Manganese: 1.21mg (60.5%), Vitamin B3: 11.56mg (57.8%), Selenium: 38.87µg (55.53%), Phosphorus: 344.14mg (34.41%), Vitamin B6: 0.65mg (32.47%), Vitamin C: 26.08mg (31.61%), Potassium: 1005.6mg (28.73%), Zinc: 3.97mg (26.44%), Vitamin B1: 0.39mg (26.03%), Vitamin B2: 0.43mg (25.17%), Copper: 0.5mg (24.9%), Vitamin K: 25.39µg (24.18%), Vitamin A: 1122.95IU (22.46%), Vitamin B5: 2.22mg (22.2%), Vitamin E: 3.03mg (20.17%), Iron: 3.61mg (20.03%), Magnesium: 68.79mg (17.2%), Vitamin B12: 0.94µg (15.64%), Fiber: 3.6g (14.39%), Folate: 37.19µg (9.3%), Vitamin D: 1.34µg (8.9%), Calcium: 67.51mg (6.75%)