

## Jambalaya II



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 bay leaves
- ☐ 29 ounce tomatoes diced peeled canned
- ☐ 1 tablespoon chili powder
- ☐ 5 cloves garlic minced
- ☐ 3 bell peppers diced green
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 onions diced
- ☐ 0.5 teaspoon pepper sauce hot

- ☐ 1 pound sausage smoked sliced
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup rice white uncooked
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces
- ☐ 1 teaspoon worcestershire sauce

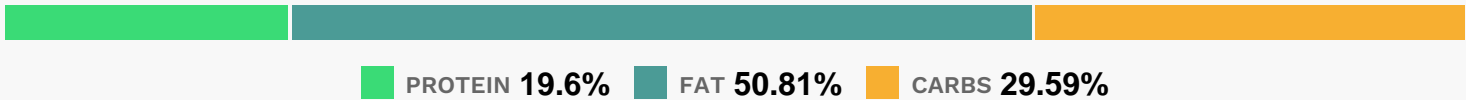
## Equipment

- ☐ pot

## Directions

- ☐ Place chicken and sausage in a large pot and cover with water. Bring to a boil, then reduce heat and simmer until chicken is opaque and falls from the bone, 45 minutes. (I usually do this the night before and refrigerate to skim the fat.)
- ☐ Remove chicken and sausage, reserving broth. Shred chicken.
- ☐ In a large pot over medium heat, cook bell pepper, onion and garlic until onion is translucent, adding reserved chicken broth if necessary. Stir in tomatoes, chili powder, pepper sauce, cayenne, Worcestershire and bay leaves; reduce heat and simmer 15 minutes.
- ☐ Stir the shredded chicken, sausage and tomato paste into the spiced vegetables. Continue to simmer until flavor is as spicy as you like, adding reserved liquid as needed to thin.
- ☐ Stir in 1 cup reserved liquid with the rice. Simmer 20 minutes, until rice is tender.
- ☐ Serve or continue to simmer, as desired.

## Nutrition Facts



## Properties

Glycemic Index:24.77, Glycemic Load:12.45, Inflammation Score:-7, Nutrition Score:18.333043367966%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin:

0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 423.11kcal (21.16%), Fat: 23.89g (36.75%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 27.9g (10.14%), Sugar: 5.83g (6.48%), Cholesterol: 81.08mg (27.03%), Sodium: 730.66mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.46%), Vitamin C: 51.3mg (62.18%), Vitamin B3: 7.29mg (36.43%), Vitamin B6: 0.65mg (32.62%), Selenium: 19.61µg (28.02%), Manganese: 0.55mg (27.35%), Phosphorus: 217.29mg (21.73%), Vitamin B1: 0.3mg (20.25%), Potassium: 646.6mg (18.47%), Vitamin B12: 1.02µg (17.08%), Zinc: 2.54mg (16.93%), Iron: 3.01mg (16.71%), Vitamin B2: 0.27mg (16.15%), Vitamin A: 761.36IU (15.23%), Copper: 0.28mg (13.95%), Fiber: 3.4g (13.59%), Vitamin B5: 1.26mg (12.58%), Magnesium: 48.57mg (12.14%), Vitamin E: 1.75mg (11.63%), Vitamin K: 9.56µg (9.11%), Calcium: 74.53mg (7.45%), Folate: 28.71µg (7.18%), Vitamin D: 0.73µg (4.88%)