



Jambalaya Sandwich

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



2105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage sliced
- ☐ 0.3 pound bacon diced thick cut
- ☐ 1 pound chicken thighs boneless cut in 1/2-inch pieces
- ☐ 2 teaspoons cayenne pepper to taste
- ☐ 2 celery stalks thinly sliced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 cup green onions chopped
- ☐ 1 pound havarti cheese thinly sliced

- ☐ 0.3 cup parsley leaves chopped
- ☐ 2 teaspoons freshly cracked pepper black
- ☐ 1 pound pork loin cut in 1/2-inch pieces
- ☐ 1 cup bell peppers red julienned
- ☐ 2 cups onions red chopped
- ☐ 1 teaspoon salt
- ☐ 1 pound sausage smoked sliced
- ☐ 2 sourdough bread loaves (1 foot long)
- ☐ 0.5 cup water

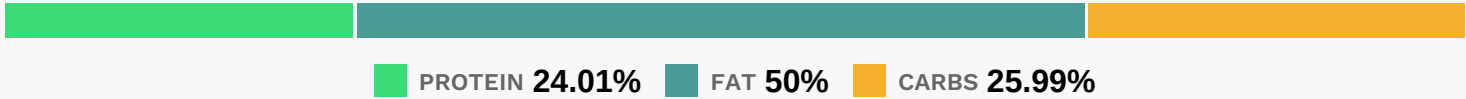
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ In a large cast iron pot, or heavy-bottomed braising pan add the bacon and fry until crisp.
- ☐ Remove from the pan and drain on a paper towel.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Cut the bread lengthwise and put in the oven.
- ☐ Add the pork to the bacon grease, and cook on medium-high heat until the pork is 3/4 cooked. Next add the sausages, onions, and bell peppers and cook until the onions are translucent.
- ☐ Add the chicken, celery, garlic, parsley, and 3/4 cup green onions. Cook until chicken is tender, then season with salt, pepper, and cayenne. Stir in the water and combine thoroughly. Cover and let sit for 15 minutes.
- ☐ Evenly divide the meat mixture and cheese to each loaf. Top the cheese with the bacon and remaining green onions.
- ☐ Cut the loaves in half and serve.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:93.57, Inflammation Score:-10, Nutrition Score:71.385217998339%

Flavonoids

Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 19.05mg, Quercetin: 19.05mg, Quercetin: 19.05mg, Quercetin: 19.05mg

Nutrients (% of daily need)

Calories: 2104.94kcal (105.25%), Fat: 116.59g (179.37%), Saturated Fat: 46.64g (291.52%), Carbohydrates: 136.33g (45.44%), Net Carbohydrates: 127.83g (46.48%), Sugar: 16.81g (18.68%), Cholesterol: 430.35mg (143.45%), Sodium: 4569.47mg (198.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 125.99g (251.97%), Selenium: 160.35µg (229.07%), Vitamin B1: 2.85mg (190.13%), Vitamin B3: 31.84mg (159.19%), Phosphorus: 1572.15mg (157.22%), Vitamin B2: 2.11mg (124.11%), Vitamin K: 122.42µg (116.59%), Vitamin B6: 2.24mg (112.25%), Folate: 411.18µg (102.8%), Zinc: 14.9mg (99.33%), Calcium: 891.07mg (89.11%), Vitamin B12: 5.28µg (87.98%), Manganese: 1.7mg (85.16%), Vitamin C: 65.3mg (79.16%), Iron: 13.49mg (74.94%), Vitamin A: 3185.21IU (63.7%), Potassium: 1793.98mg (51.26%), Magnesium: 203.7mg (50.93%), Vitamin B5: 4.49mg (44.87%), Copper: 0.78mg (38.92%), Fiber: 8.5g (33.99%), Vitamin E: 3.35mg (22.36%), Vitamin D: 3.02µg (20.15%)