



Jazzy Jambalaya

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 cups rice long-grain white hot cooked
- 2 Tbsp flour
- 1 clove garlic minced
- 1 bell pepper green chopped
- 0.1 tsp ground pepper red (cayenne)
- 0.3 tsp ground pepper black
- 2 Tbsp oil
- 2 onions chopped

- 4 oz chicken breast boneless skinless cut into bite-size pieces
- 13 oz oscar mayer natural uncured turkey sausage thinly sliced
- 1.5 cups vegetable juice cocktail

Equipment

- frying pan
- whisk

Directions

- Whisk oil and flour in large skillet until blended; cook on medium-high heat 2 min. or until golden brown, stirring constantly.
- Add onions, green peppers and garlic; cook and stir 2 min. or until vegetables are crisp-tender.
- Stir in juice cocktail, sausage, chicken and seasonings. Bring to boil; cover. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.
- Serve over rice.

Nutrition Facts



■ PROTEIN **23.25%**
■ FAT **27.45%**
■ CARBS **49.3%**

Properties

Glycemic Index:59.67, Glycemic Load:38.99, Inflammation Score:-7, Nutrition Score:14.528695598893%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg
 Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg
 Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg
 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
 Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 353.57kcal (17.68%), Fat: 10.56g (16.24%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 42.66g (14.22%),
 Net Carbohydrates: 40.63g (14.77%), Sugar: 4.1g (4.55%), Cholesterol: 58.16mg (19.39%), Sodium: 494.24mg
 (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.23%), Vitamin C: 38.39mg (46.54%),
 Manganese: 0.68mg (34.17%), Vitamin B6: 0.61mg (30.67%), Vitamin B3: 5.56mg (27.82%), Selenium: 16.04µg

(22.92%), Phosphorus: 217.67mg (21.77%), Zinc: 2.68mg (17.89%), Vitamin B5: 1.44mg (14.38%), Vitamin B12: 0.84µg (13.94%), Potassium: 483.88mg (13.83%), Vitamin A: 639.87IU (12.8%), Vitamin B2: 0.21mg (12.17%), Magnesium: 37.33mg (9.33%), Vitamin B1: 0.13mg (8.81%), Copper: 0.17mg (8.67%), Iron: 1.49mg (8.26%), Fiber: 2.03g (8.11%), Vitamin E: 1.07mg (7.16%), Folate: 20.98µg (5.24%), Vitamin K: 5.16µg (4.92%), Calcium: 46.27mg (4.63%)