

Jenny's Jambalaya

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast halves shredded boneless cooked
- 3 cups chicken broth
- 0.3 teaspoon garlic powder
- 1 tablespoon hot sauce
- 1 tablespoon olive oil
- 2 large onions chopped
- 1.5 cups rice long-grain uncooked
- 8 servings salt and pepper to taste

- 1 pound turkey sausage links cooked chopped
- 1 pound shrimp deveined peeled
- 29 ounce stewed tomatoes drained canned

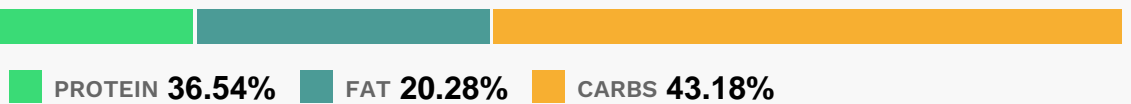
Equipment

- frying pan

Directions

- Select a medium-high setting for an electric skillet; heat oil in hot skillet. Cook onion in oil until soft. Stir in tomatoes, chicken, and sausage. Season with garlic powder, hot sauce, salt, and pepper. Stir in rice, pour in broth, and add shrimp.
- Cover electric skillet. Cook at 300 degrees F (150 degrees C) for about 20 to 25 minutes, or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:17.47, Inflammation Score:-5, Nutrition Score:15.837826083536%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 357.86kcal (17.89%), Fat: 8.01g (12.32%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 36.22g (13.17%), Sugar: 5.65g (6.28%), Cholesterol: 153.65mg (51.22%), Sodium: 1230.59mg (53.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.91%), Phosphorus: 356.43mg (35.64%), Vitamin B3: 7.08mg (35.42%), Vitamin B6: 0.58mg (28.97%), Manganese: 0.56mg (28.2%), Copper: 0.5mg (24.92%), Zinc: 3.34mg (22.28%), Selenium: 15.46µg (22.08%), Potassium: 729.51mg (20.84%), Vitamin C: 13.75mg (16.67%), Vitamin B2: 0.28mg (16.32%), Iron: 2.87mg (15.96%), Magnesium: 63.76mg (15.94%), Vitamin B5: 1.51mg (15.06%), Vitamin B12: 0.81µg (13.52%), Vitamin B1: 0.17mg (11.34%), Calcium: 105.62mg (10.56%), Vitamin E: 1.32mg

(8.77%), Fiber: 2.13g (8.52%), Folate: 19.14µg (4.79%), Vitamin A: 232.9IU (4.66%), Vitamin K: 3.8µg (3.62%)