



Man Pleasin' Jambalaya



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots thinly sliced
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 2 stalks celery thinly sliced
- ☐ 6 cups chicken broth
- ☐ 1 bell pepper green seeded chopped
- ☐ 8 ounce mushroom pieces drained canned
- ☐ 1 small onion finely chopped
- ☐ 12 servings salt and pepper to taste

- ☐ 8 chicken breast halves diced boneless skinless
- ☐ 1 pound sausage smoked sliced
- ☐ 0.3 cup vegetable oil
- ☐ 3 cups rice long grain white

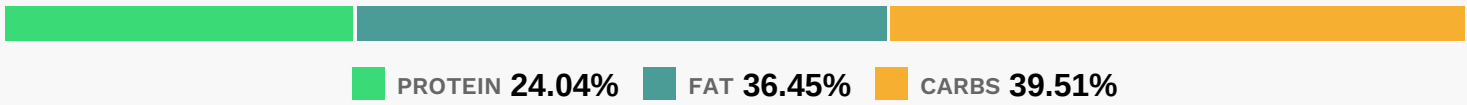
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large soup pot over medium heat.
- ☐ Add onion and cook, stirring frequently until soft.
- ☐ Add the chicken and continue cooking and stirring so that it does not stick. When the chicken is browned, add the carrots, celery, mushrooms, bell pepper and sausage.
- ☐ Pour in the broth, and bring to a boil.
- ☐ Add the rice, and season with cayenne, salt and pepper. Cover and cook over low heat for 20 minutes, until rice is tender and broth has been absorbed.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:23.22, Inflammation Score:-9, Nutrition Score:20.059130575346%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 433.54kcal (21.68%), Fat: 17.24g (26.52%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 40.29g (14.65%), Sugar: 2.48g (2.75%), Cholesterol: 77.4mg (25.8%), Sodium: 1060.8mg (46.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin A: 3505.92IU (70.12%),

Vitamin B3: 11.04mg (55.18%), Selenium: 38.35µg (54.79%), Vitamin B6: 0.79mg (39.36%), Manganese: 0.65mg (32.42%), Phosphorus: 285.3mg (28.53%), Vitamin B5: 2.09mg (20.91%), Vitamin B2: 0.33mg (19.29%), Potassium: 593.76mg (16.96%), Vitamin B1: 0.24mg (16.14%), Vitamin C: 11.14mg (13.51%), Zinc: 2mg (13.34%), Vitamin K: 13.98µg (13.31%), Vitamin B12: 0.75µg (12.54%), Copper: 0.24mg (12.16%), Magnesium: 43.38mg (10.84%), Iron: 1.33mg (7.39%), Fiber: 1.75g (6.98%), Vitamin E: 0.82mg (5.45%), Folate: 19.85µg (4.96%), Calcium: 36.52mg (3.65%), Vitamin D: 0.53µg (3.53%)