



Mardi Gras Jambalaya

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz andouille sausage fully cooked sliced
- 0.5 cup bull's-eye barbecue sauce texas style
- 2.5 lb chicken thighs bone-in
- 28 oz canned tomatoes diced undrained canned
- 3 cups chicken broth fat-free reduced-sodium
- 3 Tbsp flour
- 0.3 cup parsley fresh minced
- 4 cloves garlic minced

- 1 large bell pepper green chopped
- 0.3 tsp ground pepper and pepper black red (cayenne)
- 1 Tbsp oil
- 1 large onion chopped
- 0.5 lb shrimp deveined uncooked peeled
- 2 tsp thyme leaves dried
- 1.5 cups rice long-grain white uncooked

Equipment

- bowl
- frying pan
- sauce pan
- dutch oven

Directions

- Mix flour and seasonings in shallow dish.
- Add chicken; turn to coat both sides of each thigh.
- Heat oil in Dutch oven or large deep skillet on medium heat.
- Add 4 chicken thighs; cook 4 min. on each side or until each is golden brown on both sides.
- Transfer to plate, reserving drippings in pan. Repeat with remaining chicken.
- Add onions, green peppers and garlic to drippings in pan; cook and stir 5 min. Stir in tomatoes, barbecue sauce and sausage. Return chicken and any juices from plate to tomato mixture; simmer 25 min. or until chicken is done (165F), stirring occasionally. Meanwhile, bring broth to boil in medium saucepan. Stir in rice; cover. Simmer on medium-low heat 20 min. or until broth is absorbed and rice is tender.
- Add shrimp to tomato mixture; simmer 8 min. or until shrimp turn pink.
- Spoon rice into shallow bowls; top with chicken mixture and parsley.

Nutrition Facts



■ PROTEIN 23.58% ■ FAT 46.14% ■ CARBS 30.28%

Properties

Glycemic Index:39.02, Glycemic Load:18.87, Inflammation Score:-7, Nutrition Score:20.411304276922%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 615.77kcal (30.79%), Fat: 31.18g (47.97%), Saturated Fat: 8.47g (52.93%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 43.77g (15.92%), Sugar: 10.07g (11.19%), Cholesterol: 191.15mg (63.72%), Sodium: 1075.69mg (46.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Selenium: 37.74µg (53.92%), Vitamin B3: 9.01mg (45.05%), Phosphorus: 367.65mg (36.77%), Vitamin K: 36.61µg (34.87%), Vitamin B6: 0.65mg (32.42%), Vitamin C: 23.04mg (27.93%), Manganese: 0.55mg (27.37%), Zinc: 3.21mg (21.42%), Vitamin B12: 1.25µg (20.9%), Vitamin B5: 2.01mg (20.12%), Potassium: 622.52mg (17.79%), Vitamin B2: 0.29mg (17.02%), Vitamin B1: 0.25mg (16.82%), Copper: 0.33mg (16.72%), Vitamin A: 788.14IU (15.76%), Iron: 2.81mg (15.59%), Magnesium: 56.05mg (14.01%), Calcium: 92.61mg (9.26%), Fiber: 2.26g (9.02%), Vitamin E: 1.12mg (7.5%), Folate: 21.67µg (5.42%), Vitamin D: 0.57µg (3.78%)