



One Dish Jambalaya

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound rotisserie chicken breast meat chopped
- 10.5 ounce condensed onion soup french canned
- 2 cloves garlic minced
- 1 cup rice white instant
- 0.5 pound sausage italian
- 0.5 cup peas green frozen
- 0.3 cup picante sauce
- 0.5 pound shrimp cooked

1 tablespoon vegetable oil

Equipment

frying pan

Directions

Heat oil in a large skillet.

Add chicken, sausage and garlic and saute until browned.

Drain fat.

Stir in soup and sauce and heat to a boil. Finally, stir in rice, shrimp and peas. Cover skillet and simmer for 5 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:19.149130442868%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 470.76kcal (23.54%), Fat: 24.13g (37.12%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 23.72g (8.62%), Sugar: 4.24g (4.71%), Cholesterol: 173.64mg (57.88%), Sodium: 1077.15mg (46.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.54%), Selenium: 40.94µg (58.48%), Vitamin B3: 9.89mg (49.47%), Vitamin B1: 0.62mg (41.08%), Phosphorus: 375.09mg (37.51%), Vitamin B6: 0.71mg (35.42%), Potassium: 945.28mg (27.01%), Manganese: 0.4mg (19.79%), Folate: 78.62µg (19.66%), Copper: 0.37mg (18.54%), Zinc: 2.7mg (17.98%), Iron: 2.91mg (16.18%), Magnesium: 55.14mg (13.79%), Vitamin B5: 1.26mg (12.62%), Vitamin C: 9.94mg (12.05%), Vitamin K: 11.82µg (11.26%), Vitamin B2: 0.19mg (11.2%), Vitamin B12: 0.63µg (10.49%), Fiber: 2.46g (9.83%), Calcium: 79.28mg (7.93%), Vitamin A: 259.8IU (5.2%), Vitamin E: 0.68mg (4.56%)