



## Quick Chicken Jambalaya

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

READY IN



**40 min.**

SERVINGS



**40**

CALORIES



**81 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer bacon chopped
- 0.5 cup original barbecue sauce kraft
- 16 oz oscar mayer selects uncured angus beef franks cut into 1/2-inch pieces
- 14 oz canned tomatoes diced undrained canned
- 1 stalk celery finely chopped
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 1 bell pepper green chopped
- 2 cups rice white instant uncooked

1 large onion chopped

1.5 cups water

## Equipment

frying pan

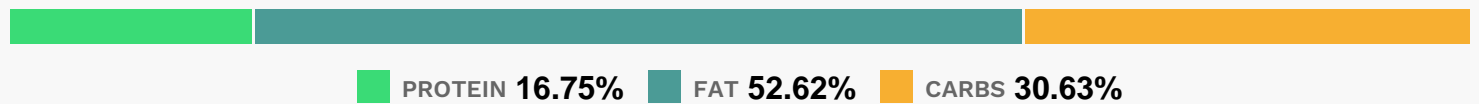
## Directions

Cook bacon in large skillet until crisp.

Add vegetables; cook 3 to 5 min or until crisp-tender.

Add remaining ingredients; stir. Bring to boil; cover. Simmer on low heat 12 to 14 min. or until rice is cooked, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:1.73, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.5899999711825%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 81.43kcal (4.07%), Fat: 4.74g (7.29%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.86g (2.13%), Sugar: 1.85g (2.06%), Cholesterol: 11.74mg (3.91%), Sodium: 187.66mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Selenium: 4.72µg (6.74%), Vitamin B3: 1.18mg (5.89%), Vitamin C: 3.64mg (4.42%), Vitamin B1: 0.06mg (4.13%), Phosphorus: 38.72mg (3.87%), Folate: 15µg (3.75%), Iron: 0.63mg (3.53%), Vitamin B12: 0.21µg (3.52%), Manganese: 0.07mg (3.37%), Vitamin B6: 0.07mg (3.32%), Zinc: 0.45mg (2.99%), Copper: 0.04mg (2.1%), Potassium: 72.51mg (2.07%), Vitamin B2: 0.03mg (1.88%), Magnesium: 5.87mg (1.47%), Fiber: 0.34g (1.37%), Vitamin B5: 0.13mg (1.34%)