



## Smoked Sausage, Chicken and Shrimp Stew

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb chicken thighs bone-in
- 28 oz canned tomatoes diced undrained canned
- 14 oz chicken broth canned
- 6 cups rice long-grain white hot cooked
- 0.3 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 0.3 tsp ground pepper red (cayenne)
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft

- 2 onions chopped
- 2 bell peppers green red chopped
- 0.5 lb shrimp deveined cleaned uncooked peeled
- 1 lb sausage smoked cut into 1/2-inch-thick slices

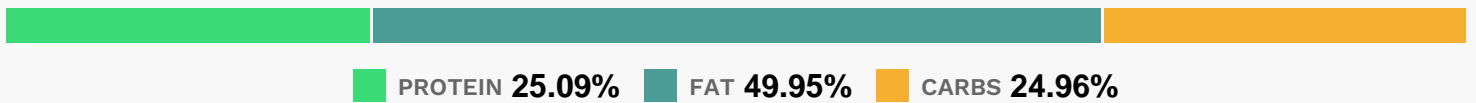
## Equipment

- frying pan
- dutch oven

## Directions

- Cook chicken in Dutch oven or large deep skillet sprayed with cooking spray on medium-high heat 3 min. on each side or until lightly browned on both sides.
- Remove from pan; set aside.
- Heat dressing in same pan.
- Add onions and bell peppers; cook 5 min. or until crisp-tender, stirring frequently.
- Add chicken, sausage, tomatoes, broth and ground red pepper; mix well. Bring to boil; simmer on medium-low heat 30 min. or until chicken is done (165F).
- Stir in shrimp; cook 5 min. or until shrimp are done. Spoon over rice; top with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:24.35, Inflammation Score:-5, Nutrition Score:16.065217287644%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 490.18kcal (24.51%), Fat: 26.85g (41.31%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 28.53g (10.38%), Sugar: 4.09g (4.55%), Cholesterol: 139.6mg (46.53%), Sodium: 747.52mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.69%), Selenium: 29.52µg (42.17%), Vitamin B3: 5.93mg (29.63%), Phosphorus: 294.23mg (29.42%), Vitamin C: 23.66mg (28.67%), Vitamin B6: 0.57mg (28.52%), Manganese: 0.51mg (25.39%), Vitamin B12: 1.32µg (22.05%), Zinc: 3.24mg (21.62%), Potassium: 533.86mg (15.25%), Vitamin B2: 0.25mg (14.6%), Vitamin B1: 0.21mg (14.29%), Copper: 0.27mg (13.49%), Magnesium: 51.33mg (12.83%), Iron: 2.28mg (12.67%), Vitamin B5: 1.27mg (12.66%), Vitamin K: 12.19µg (11.61%), Vitamin E: 1.05mg (7.01%), Vitamin A: 331.28IU (6.63%), Fiber: 1.65g (6.58%), Calcium: 65.51mg (6.55%), Folate: 17.76µg (4.44%), Vitamin D: 0.51µg (3.42%)