



## Smoked Sausage Jambalaya

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

READY IN



**65 min.**

SERVINGS



**8**

CALORIES



**513 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce canned tomatoes diced canned
- 2 ribs celery chopped
- 2.5 cups chicken broth
- 1 bay leaf dried
- 3 tablespoons parsley fresh chopped
- 4 cloves garlic chopped
- 1 bell pepper green chopped
- 0.3 cup green onions thinly sliced

- 8 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1.5 pounds chicken thighs boneless skinless
- 1 pound sausage smoked sliced into circles
- 1 tablespoon thyme leaves chopped
- 2 tablespoons tomato paste
- 1 large vidalia onion chopped
- 2 cups rice long grain white

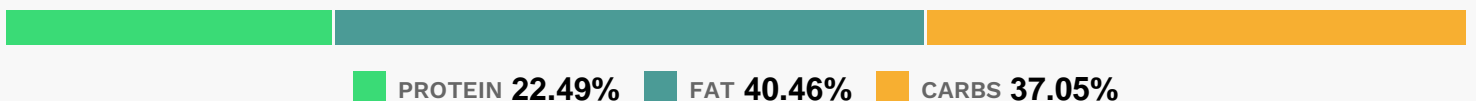
## Equipment

- dutch oven

## Directions

- Heat the oil in a large Dutch oven over medium-high heat.
- Season the chicken with salt and pepper.
- Add chicken to the Dutch oven and brown on each side, about 8 minutes total.
- Remove to a plate and reserve.
- Add sausage, onion, bell pepper, celery, garlic, and thyme and saute until translucent and sausage is browned, about 8 minutes.
- Stir in rice, tomato paste, diced tomatoes, broth, bay leaf, and reserved chicken, and bring to a boil, then reduce to a simmer, and cook on low, covered, for 20 minutes.
- Turn off heat and let rice stand, covered, 5 minutes.
- Remove bay leaf. Fluff rice with fork and stir in green onions and parsley.

## Nutrition Facts



## Properties

Glycemic Index:39.9, Glycemic Load:22.87, Inflammation Score:-8, Nutrition Score:19.886956629546%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 3.54mg, Apigenin: 3.54mg, Apigenin: 3.54mg, Apigenin: 3.54mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

## Nutrients (% of daily need)

Calories: 513.29kcal (25.66%), Fat: 22.65g (34.85%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 44.44g (16.16%), Sugar: 4.67g (5.19%), Cholesterol: 122.52mg (40.84%), Sodium: 952.79mg (41.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.66%), Selenium: 34.62µg (49.46%), Vitamin B3: 7.83mg (39.13%), Vitamin K: 40.49µg (38.56%), Manganese: 0.7mg (35.24%), Vitamin B6: 0.68mg (33.96%), Phosphorus: 301.12mg (30.11%), Vitamin C: 20.48mg (24.83%), Vitamin B12: 1.42µg (23.59%), Zinc: 3.22mg (21.46%), Vitamin B1: 0.31mg (20.55%), Vitamin B2: 0.35mg (20.42%), Vitamin B5: 1.85mg (18.53%), Potassium: 553.47mg (15.81%), Iron: 2.59mg (14.37%), Copper: 0.26mg (13.05%), Magnesium: 49.99mg (12.5%), Vitamin A: 582.22IU (11.64%), Fiber: 2.25g (8.98%), Folate: 29.21µg (7.3%), Calcium: 68.76mg (6.88%), Vitamin E: 1.03mg (6.87%), Vitamin D: 0.62µg (4.16%)