






 **15%**  
HEALTH SCORE

# Southern Jambalaya

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

READY IN  
  
**80 min.**

SERVINGS  
  
**10**

CALORIES  
  
**597 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 1 pound andouille sausage sliced
- 3 bay leaves
- 1.5 pounds meat from a rotisserie chicken boneless skinless cut into bite-size pieces
- 1 cup bell pepper green chopped
- 1 cup spring onion chopped
- 3 cups onion chopped
- 2 teaspoons salt
- 2 tablespoons vegetable oil

- 6 cups water
- 3 cups rice medium grain white uncooked

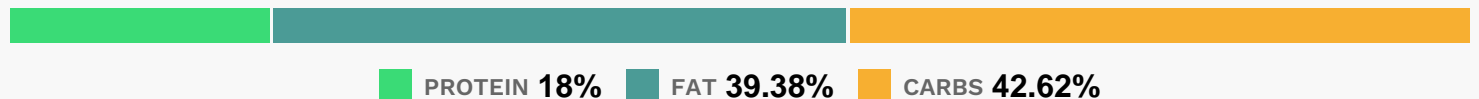
## Equipment

- dutch oven

## Directions

- Heat the vegetable oil in a Dutch oven over medium heat; cook and stir the onions, bell pepper, salt, and cayenne pepper until the vegetables are a deep brown color, about 20 minutes.
- Add the andouille sausage, and continue to cook, stirring often, for 10 to 15 minutes.
- Drain any fat. Stir in the chicken and bay leaves; cook and stir until the chicken is browned, about 8 minutes.
- Stir in the rice, and cook for 2 minutes.
- Pour in water; cover and cook over medium heat, without stirring, until the rice is tender and the liquid has been absorbed, about 30 minutes.
- Remove the bay leaves, stir in the green onions and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.1, Glycemic Load:45.62, Inflammation Score:-7, Nutrition Score:21.158695583758%

## Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

## Nutrients (% of daily need)

Calories: 597.32kcal (29.87%), Fat: 25.77g (39.64%), Saturated Fat: 7.48g (46.78%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 59.43g (21.61%), Sugar: 3.12g (3.47%), Cholesterol: 90.04mg (30.01%), Sodium: 893.73mg (38.86%), Alcohol: 0g (100%), Protein: 26.5g (53%), Vitamin B3: 10.5mg (52.51%), Folate: 185.56µg

(46.39%), Selenium: 30.21µg (43.15%), Manganese: 0.85mg (42.55%), Vitamin B1: 0.59mg (39.6%), Vitamin B6: 0.55mg (27.28%), Vitamin K: 28.02µg (26.68%), Phosphorus: 255.66mg (25.57%), Iron: 4.48mg (24.87%), Vitamin C: 18.51mg (22.44%), Zinc: 2.94mg (19.6%), Vitamin B5: 1.94mg (19.42%), Copper: 0.27mg (13.7%), Fiber: 3.32g (13.3%), Potassium: 461.67mg (13.19%), Vitamin B2: 0.22mg (12.99%), Magnesium: 46.95mg (11.74%), Vitamin B12: 0.66µg (10.92%), Vitamin E: 0.95mg (6.36%), Vitamin A: 271.5IU (5.43%), Vitamin D: 0.77µg (5.14%), Calcium: 38.22mg (3.82%)