



15-Minute Jambalaya

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken bouillon cubes
- 2 cups rice white instant uncooked
- 1 tsp pepper sauce hot
- 28 oz stewed tomatoes undrained canned
- 6.5 oz oscar mayer natural uncured turkey sausage sliced ()
- 1 cup water

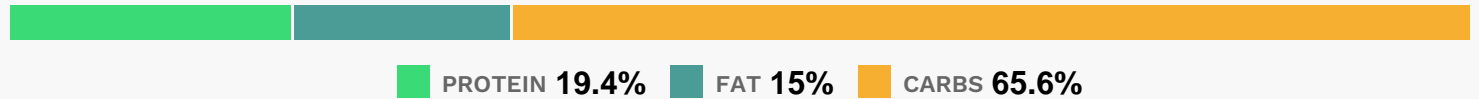
Equipment

- frying pan

Directions

- Bring all ingredients except rice to boil in large skillet on medium heat, stirring occasionally. Simmer on medium-low heat 1 to 2 min. or until bouillon is completely dissolved, stirring occasionally.
- Stir in rice; cover. Cook 5 min.
- Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:16.344347912332%

Nutrients (% of daily need)

Calories: 294.54kcal (14.73%), Fat: 4.92g (7.58%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 45.65g (16.6%), Sugar: 7.54g (8.38%), Cholesterol: 34.94mg (11.65%), Sodium: 1466.97mg (63.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Vitamin B1: 0.53mg (35.22%), Vitamin B3: 6.63mg (33.13%), Iron: 5.92mg (32.91%), Folate: 131.51µg (32.88%), Manganese: 0.56mg (27.77%), Selenium: 18.03µg (25.75%), Vitamin C: 17.67mg (21.42%), Phosphorus: 177.08mg (17.71%), Copper: 0.35mg (17.39%), Potassium: 554.09mg (15.83%), Zinc: 2.37mg (15.81%), Vitamin B6: 0.29mg (14.48%), Vitamin B2: 0.2mg (11.95%), Vitamin E: 1.74mg (11.6%), Fiber: 2.81g (11.22%), Magnesium: 40.92mg (10.23%), Vitamin B12: 0.61µg (10.13%), Calcium: 93.17mg (9.32%), Vitamin B5: 0.9mg (9.01%), Vitamin A: 377.88IU (7.56%), Vitamin K: 4.83µg (4.6%)