

health-score 52%

HEALTH SCORE

Bobby Flay's Fra Diavolo Jambalaya

READY IN

ready

120 min.

SERVINGS

servings

8

CALORIES

calories

726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons chipotle puree
- ☐ 12 ounces style chorizo spanish sliced in 1/ slices
- ☐ 3 tablespoons basil leaves fresh chopped
- ☐ 0.3 cup parsley leaves fresh coarsely chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 5 cloves garlic peeled thinly sliced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 pound lump crab meat
- ☐ 3 pounds lobsters meat removed steamed

- ☐ 1 pound cultivated mussels scrubbed
- ☐ 6 tablespoons olive oil
- ☐ 1 large onion spanish finely chopped
- ☐ 1 tablespoon oregano leaves fresh finely chopped
- ☐ 4 plum tomatoes halved
- ☐ 2 bell peppers red
- ☐ 1 teaspoon pepper flakes red
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 cups lobster stock
- ☐ 0.5 cup vodka
- ☐ 2 cups rice long-grain white

Equipment

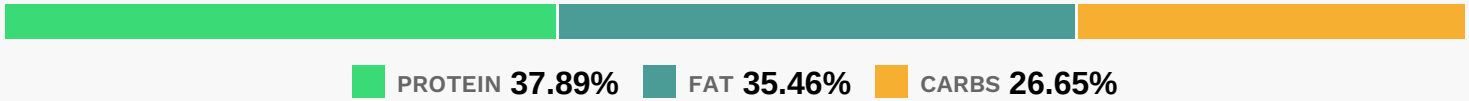
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Place the peppers, tomatoes and 5 garlic cloves on a baking sheet, drizzle with 3 tablespoons of the oil and season with salt and pepper. Roast until the peppers and tomatoes are slightly charred and the garlic is golden brown.
- ☐ Transfer to a food processor with the chipotle puree and process until smooth; scrape into a bowl.

- ☐ Heat a large saute pan over medium heat.
- ☐ Add the chorizo and cook until golden brown on both sides.
- ☐ Remove with a slotted spoon to a plate lined with paper towels.
- ☐ Heat the remaining 3 tablespoons of oil in a Dutch oven over high heat.
- ☐ Add the onion and cook until soft.
- ☐ Add the sliced garlic and cook until lightly golden brown.
- ☐ Add the red pepper flakes and cook for 20 seconds. Stir in the rice and cook for 2 minutes.
- ☐ Add the vodka and cook until reduced.
- ☐ Add the tomato/pepper puree and enough stock to cover, season with salt and bring to a boil.
- ☐ Add the chorizo and oregano, cover and cook for 10 minutes. Lift the lid, add the mussels, cover again and cook until the mussels have opened, discarding any that do not, and the rice is al dente and all the liquid is absorbed.
- ☐ Remove from the heat and let sit 5 minutes. Fluff with a fork and stir in the lobster meat and crabmeat, fresh basil, parsley and green onions.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:24.06, Inflammation Score:-9, Nutrition Score:44.030869437301%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 726.26kcal (36.31%), Fat: 26.54g (40.82%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 42g (15.27%), Sugar: 3.2g (3.56%), Cholesterol: 187.44mg (62.48%), Sodium: 835.32mg (36.32%), Alcohol: 5.01g (100%), Alcohol %: 1.34% (100%), Protein: 63.79g (127.57%), Vitamin B12: 9.11µg (151.85%), Selenium: 105.5µg (150.72%), Manganese: 2.09mg (104.64%), Vitamin B3: 20.44mg (102.2%), Vitamin B6: 1.63mg (81.65%), Vitamin C: 55.62mg (67.42%), Phosphorus: 645.23mg (64.52%), Vitamin K: 56.27µg (53.59%), Copper:

0.96mg (48.25%), Zinc: 6.14mg (40.93%), Vitamin B5: 3.64mg (36.41%), Vitamin A: 1768.65IU (35.37%), Potassium: 1132.45mg (32.36%), Magnesium: 114.44mg (28.61%), Iron: 4.26mg (23.64%), Vitamin E: 3.13mg (20.85%), Folate: 78.19µg (19.55%), Vitamin B2: 0.33mg (19.45%), Vitamin B1: 0.26mg (17.37%), Fiber: 2.87g (11.48%), Calcium: 101.34mg (10.13%), Vitamin D: 0.17µg (1.13%)