

Bubba's Jambalaya



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



12

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1 inch pieces
- ☐ 2 cups beef broth
- ☐ 2 teaspoons cajun spice
- ☐ 29 ounce tomatoes with liquid crushed canned
- ☐ 1 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 0.5 pound meat from a rotisserie chicken cubed cooked
- ☐ 0.5 pound ham cubed cooked

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 onion chopped
- ☐ 0.5 pound salad shrimp
- ☐ 0.5 pound sausage smoked cubed
- ☐ 2 cups rice white uncooked

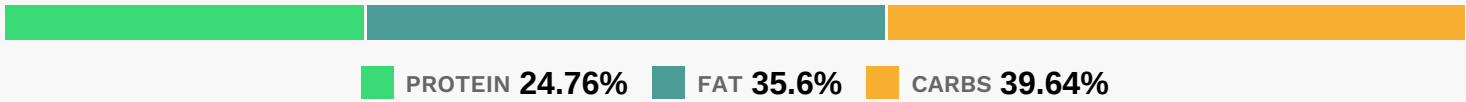
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat a large pot over medium-high heat.
- ☐ Add bacon, and cook until crisp.
- ☐ Remove bacon pieces with a slotted spoon, and set aside.
- ☐ Add celery, bell pepper, and onion to the bacon drippings, and cook until tender.
- ☐ Add the ham, chicken and sausage to the pot, and pour in the tomatoes, beef broth and chicken broth. Season with thyme and Cajun seasoning. Bring to a boil, and add the rice. Bring to a boil, then turn the heat to low, cover, and simmer for about 20 minutes, until the rice is tender.
- ☐ Stir in the shrimp and bacon just before serving, and heat through. If you use uncooked shrimp, let it cook for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:16.51, Inflammation Score:-5, Nutrition Score:13.741304402766%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 326.16kcal (16.31%), Fat: 12.83g (19.74%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 29.84g (10.85%), Sugar: 4g (4.44%), Cholesterol: 79.86mg (26.62%), Sodium: 881.8mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.17%), Manganese: 0.55mg (27.69%), Selenium: 18.69µg (26.69%), Vitamin B3: 5.06mg (25.32%), Phosphorus: 240.01mg (24%), Vitamin C: 19.66mg (23.83%), Vitamin B6: 0.39mg (19.58%), Vitamin B1: 0.29mg (19.1%), Copper: 0.34mg (16.87%), Potassium: 529.53mg (15.13%), Zinc: 2.1mg (13.99%), Vitamin B2: 0.21mg (12.38%), Iron: 2.2mg (12.21%), Vitamin B12: 0.7µg (11.63%), Magnesium: 44.35mg (11.09%), Vitamin B5: 1.06mg (10.58%), Fiber: 2.31g (9.24%), Vitamin K: 8.59µg (8.19%), Vitamin A: 401.91IU (8.04%), Vitamin E: 1.12mg (7.45%), Calcium: 62.07mg (6.21%), Folate: 20.6µg (5.15%), Vitamin D: 0.25µg (1.68%)