



Chicken and Shrimp Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cajun spice salt-free
- ☐ 29 ounce tomatoes diced with onion and green peppers, undrained canned
- ☐ 1 tablespoon cooking oil
- ☐ 1 cup celery chopped
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic minced
- ☐ 1 cup bell pepper green chopped

- ☐ 1 tablespoon hot sauce
- ☐ 14 ounce beef broth fat-free canned
- ☐ 2 cups onion chopped
- ☐ 7 ounce rice long-grain
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.8 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 4 ounces turkey kielbasa halved cut into 1/4-inch-thick slices

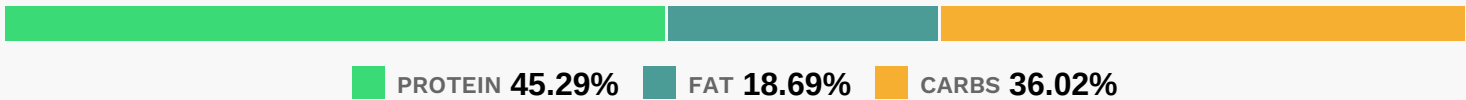
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken; cook 4 minutes, stirring occasionally.
- ☐ Place chicken in an electric slow cooker.
- ☐ Add onion, bell pepper, celery, and garlic to pan; saut 4 minutes or until tender.
- ☐ Add onion mixture, turkey kielbasa, and next 5 ingredients (through chicken broth) to slow cooker. Cover and cook on LOW for 5 hours.
- ☐ Cook rice according to package directions.
- ☐ Add cooked rice and remaining ingredients except parsley garnish to slow cooker. Cover and cook on HIGH 15 minutes or until shrimp are done.
- ☐ Garnish with parsley leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:12.97, Inflammation Score:0, Nutrition Score:21.693912871506%

Flavonoids

Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

Nutrients (% of daily need)

Calories: 337.14kcal (16.86%), Fat: 6.97g (10.73%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 27.3g (9.93%), Sugar: 5.33g (5.92%), Cholesterol: 175.48mg (58.49%), Sodium: 636.04mg (27.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.01g (76.01%), Vitamin B3: 10.19mg (50.95%), Selenium: 35.14µg (50.2%), Vitamin B6: 0.95mg (47.28%), Vitamin C: 35.69mg (43.26%), Phosphorus: 416.16mg (41.62%), Vitamin K: 28.88µg (27.5%), Potassium: 959.15mg (27.4%), Manganese: 0.5mg (24.91%), Copper: 0.44mg (22.13%), Iron: 3.84mg (21.33%), Magnesium: 74.46mg (18.62%), Vitamin B5: 1.81mg (18.13%), Zinc: 2.61mg (17.38%), Vitamin B2: 0.26mg (15.17%), Vitamin A: 629.85IU (12.6%), Vitamin B1: 0.18mg (12.32%), Fiber: 2.93g (11.71%), Calcium: 106.04mg (10.6%), Vitamin E: 1.5mg (10%), Folate: 31.37µg (7.84%), Vitamin B12: 0.45µg (7.44%)