



Chicken, Shrimp, and Ham Jambalaya

 Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 14.5 oz canned tomatoes diced canned
- 1 cup celery stalks chopped
- 3 cups chicken broth
- 1.5 pounds chicken thighs cut into 1-inch cubes
- 0.5 pound finely-chopped ham cooked cut into 1/2-inch cubes
- 2 tablespoons parsley fresh chopped
- 4 garlic clove chopped

- 1 cup bell pepper green chopped
- 0.5 cup spring onion chopped
- 0.1 teaspoon ground pepper red
- 1 teaspoon hot sauce
- 2 pounds shrimp raw unpeeled
- 2 cups rice long-grain uncooked
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2 cups onion yellow chopped

Equipment

- slotted spoon
- dutch oven

Directions

- Peel shrimp; devein, if desired.
- Sprinkle chicken evenly with salt, black pepper, and red pepper.
- Heat oil in a Dutch oven over medium heat.
- Add chicken, and cook, stirring constantly, 8 to 10 minutes or until browned on all sides.
- Remove chicken using a slotted spoon.
- Add ham to Dutch oven, and cook, stirring constantly, 5 minutes or until lightly browned.
- Remove ham using a slotted spoon.
- Add garlic and next 3 ingredients to Dutch oven; stir to loosen particles from bottom. Stir in ham and chicken. Cover, reduce heat to low, and cook, stirring occasionally, 20 minutes.
- Add chicken broth. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 35 minutes.
- Add tomatoes and next 3 ingredients. Bring to a boil over medium-high heat; cover, reduce heat to medium-low, and simmer 20 minutes. Stir in shrimp and hot sauce; cook, covered, 10 more minutes or until liquid is absorbed and rice is tender.

Nutrition Facts

PROTEIN 37.01% FAT 21.33% CARBS 41.66%

Properties

Glycemic Index:40.77, Glycemic Load:24.5, Inflammation Score:-7, Nutrition Score:28.910434629606%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 470.88kcal (23.54%), Fat: 10.96g (16.87%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 45.16g (16.42%), Sugar: 5.19g (5.76%), Cholesterol: 246.14mg (82.05%), Sodium: 1760.04mg (76.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.8g (85.59%), Selenium: 66.55µg (95.07%), Phosphorus: 615.41mg (61.54%), Vitamin B3: 9.57mg (47.86%), Vitamin B6: 0.91mg (45.53%), Vitamin K: 46.52µg (44.3%), Manganese: 0.83mg (41.36%), Vitamin C: 33.03mg (40.04%), Vitamin B12: 2.22µg (37.01%), Copper: 0.54mg (26.99%), Zinc: 3.89mg (25.95%), Vitamin B1: 0.38mg (25.21%), Vitamin B5: 2.36mg (23.57%), Potassium: 790.22mg (22.58%), Vitamin B2: 0.37mg (21.65%), Magnesium: 82.69mg (20.67%), Vitamin E: 2.82mg (18.81%), Iron: 2.62mg (14.57%), Folate: 55.82µg (13.95%), Calcium: 129.65mg (12.96%), Vitamin A: 623.84IU (12.48%), Fiber: 3.02g (12.08%)