



Creole Jambalaya



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound andouille smoked sliced
- ☐ 8 ounce tomato sauce canned
- ☐ 2 rib celery stalks chopped
- ☐ 1 pound finely-chopped ham cubed cooked
- ☐ 5 cups rice cooked
- ☐ 1 bell pepper green chopped
- ☐ 8 spring onion chopped

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon pepper black
- ☐ 1 large onion chopped
- ☐ 1 sprig parsley fresh chopped
- ☐ 0.5 teaspoon salt

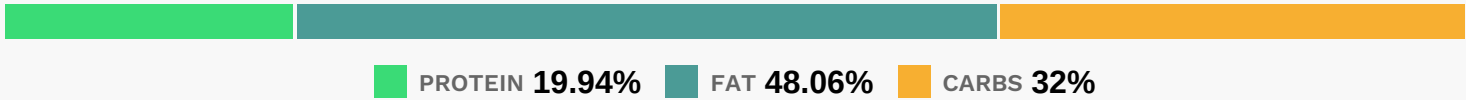
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and next 3 ingredients; saut until tender.
- ☐ Add ham, sausage, and next 4 ingredients. Cook, stirring occasionally, 20 minutes.
- ☐ Stir in rice, cover, and cook, stirring occasionally, 30 minutes over low heat.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:31.01, Inflammation Score:-6, Nutrition Score:17.353478203649%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 430.4kcal (21.52%), Fat: 22.64g (34.83%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 32.17g (11.7%), Sugar: 2.5g (2.78%), Cholesterol: 81.65mg (27.22%), Sodium: 1452.82mg (63.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.27%), Selenium: 26.41µg (37.73%), Vitamin C: 31.03mg

(37.61%), Vitamin B1: 0.5mg (33.27%), Manganese: 0.62mg (31.18%), Phosphorus: 290.52mg (29.05%), Vitamin K: 29.19µg (27.8%), Vitamin B12: 1.66µg (27.65%), Vitamin B3: 4.69mg (23.43%), Vitamin B6: 0.43mg (21.34%), Zinc: 3.11mg (20.73%), Vitamin B2: 0.28mg (16.69%), Potassium: 477.53mg (13.64%), Vitamin B5: 1.27mg (12.7%), Copper: 0.23mg (11.44%), Magnesium: 41.08mg (10.27%), Iron: 1.81mg (10.07%), Vitamin A: 461.34IU (9.23%), Fiber: 1.76g (7.04%), Folate: 22.62µg (5.65%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.62µg (4.16%), Calcium: 37.71mg (3.77%)