

Creole Jambalaya

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 pound andouille sausage
- ☐ 3 tablespoons butter
- ☐ 0.5 teaspoon cajun spice
- ☐ 1 tablespoons canola oil
- ☐ 4 cups chicken stock see
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried

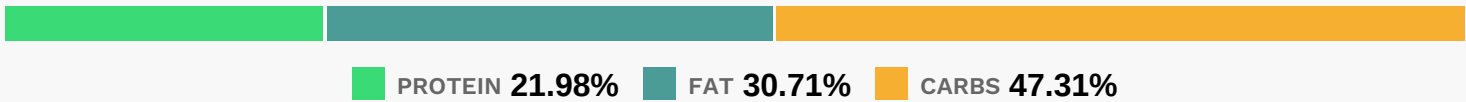
- ☐ 3 cloves garlic
- ☐ 1 medium bell pepper green
- ☐ 12 servings kosher salt & freshly cracked pepper black
- ☐ 4 cups rice long grain uncooked
- ☐ 12 servings old bay seasoning
- ☐ 1 medium onion
- ☐ 12 servings parsley chopped
- ☐ 12 servings palmful parsley dried
- ☐ 12 servings pepper sauce hot for the table
- ☐ 1 pound shrimp raw
- ☐ 10 ounce rotel tomatoes
- ☐ 1 pound chicken breast boneless skinless
- ☐ 0.5 teaspoon pepper white
- ☐ 28 ounce tomatoes whole

Equipment

Directions

- ☐ Recipe: Creole Jambalaya
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 40 min |

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:31.03, Inflammation Score:-8, Nutrition Score:25.291304526122%

Flavonoids

Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 13.12mg, Apigenin: 13.12mg, Apigenin: 13.12mg, Apigenin: 13.12mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 515.82kcal (25.79%), Fat: 17.42g (26.81%), Saturated Fat: 5.96g (37.26%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 57.69g (20.98%), Sugar: 4.81g (5.34%), Cholesterol: 114.25mg (38.08%), Sodium: 911.78mg (39.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.11%), Vitamin K: 94.18µg (89.69%), Selenium: 42.78µg (61.11%), Vitamin B3: 9.98mg (49.9%), Manganese: 1mg (49.87%), Vitamin B6: 0.72mg (36.21%), Phosphorus: 355.11mg (35.51%), Vitamin C: 26.58mg (32.22%), Vitamin A: 1236.88IU (24.74%), Potassium: 746.74mg (21.34%), Copper: 0.38mg (19.04%), Zinc: 2.61mg (17.42%), Vitamin B1: 0.26mg (17.4%), Vitamin B5: 1.69mg (16.94%), Iron: 3.02mg (16.79%), Magnesium: 62.88mg (15.72%), Vitamin B2: 0.26mg (15.11%), Vitamin B12: 0.87µg (14.53%), Vitamin E: 1.95mg (13%), Folate: 43.38µg (10.85%), Fiber: 2.69g (10.75%), Calcium: 95.26mg (9.53%), Vitamin D: 0.6µg (4.03%)