



Delta Shrimp And Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 teaspoon hot sauce
- ☐ 1.5 tablespoons olive oil

- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 cup rice long-grain uncooked
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 pound turkey kielbasa sausage sliced
- ☐ 1 teaspoon worcestershire sauce

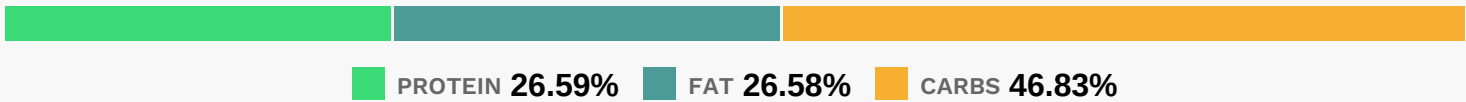
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add sausage; saut 4 minutes or until lightly browned.
- ☐ Drain on paper towels.
- ☐ Add oil and next 4 ingredients to pan. Cook 8 minutes or until tender, stirring constantly.
- ☐ Add broth and next 5 ingredients. Bring to a boil; add rice. Return to a boil; cover, reduce heat, and simmer 22 minutes or until rice is tender.
- ☐ Add shrimp and reserved sausage; cover and cook 3 minutes.
- ☐ Remove from heat; stir in green onions.
- ☐ Let stand 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:60.55, Glycemic Load:19.46, Inflammation Score:-8, Nutrition Score:22.198695670003%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

Nutrients (% of daily need)

Calories: 377.37kcal (18.87%), Fat: 11.27g (17.34%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 40.27g (14.64%), Sugar: 8.51g (9.46%), Cholesterol: 121.34mg (40.45%), Sodium: 1459.24mg (63.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin C: 74.25mg (90%), Vitamin K: 44.2µg (42.1%), Iron: 7.42mg (41.22%), Manganese: 0.69mg (34.73%), Phosphorus: 335.84mg (33.58%), Selenium: 22.16µg (31.66%), Vitamin B6: 0.58mg (28.82%), Copper: 0.51mg (25.63%), Potassium: 746.95mg (21.34%), Vitamin B3: 4.2mg (21.02%), Zinc: 2.74mg (18.28%), Fiber: 4.41g (17.66%), Magnesium: 67.21mg (16.8%), Vitamin B2: 0.22mg (13.02%), Vitamin A: 633.58IU (12.67%), Calcium: 117.83mg (11.78%), Folate: 46.45µg (11.61%), Vitamin B1: 0.16mg (10.95%), Vitamin E: 1.59mg (10.6%), Vitamin B12: 0.53µg (8.79%), Vitamin B5: 0.76mg (7.55%)